

BMC NEWS

*Official Journal of the
British Milers' Club*

VOLUME 2 ISSUE 5

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30th Anniversary Issue

Frank Dick :
The Way Forward

Kirsty Wade :
The Way to Atlanta

Ernie Gallagher :
How Curtis Trains

Interviews with :
Tom Buckner
Rob Denmark
Alison Wyeth

Seb Coe & Mary Slaney -
The Greatest Ever ?

UK 1,500m Lists

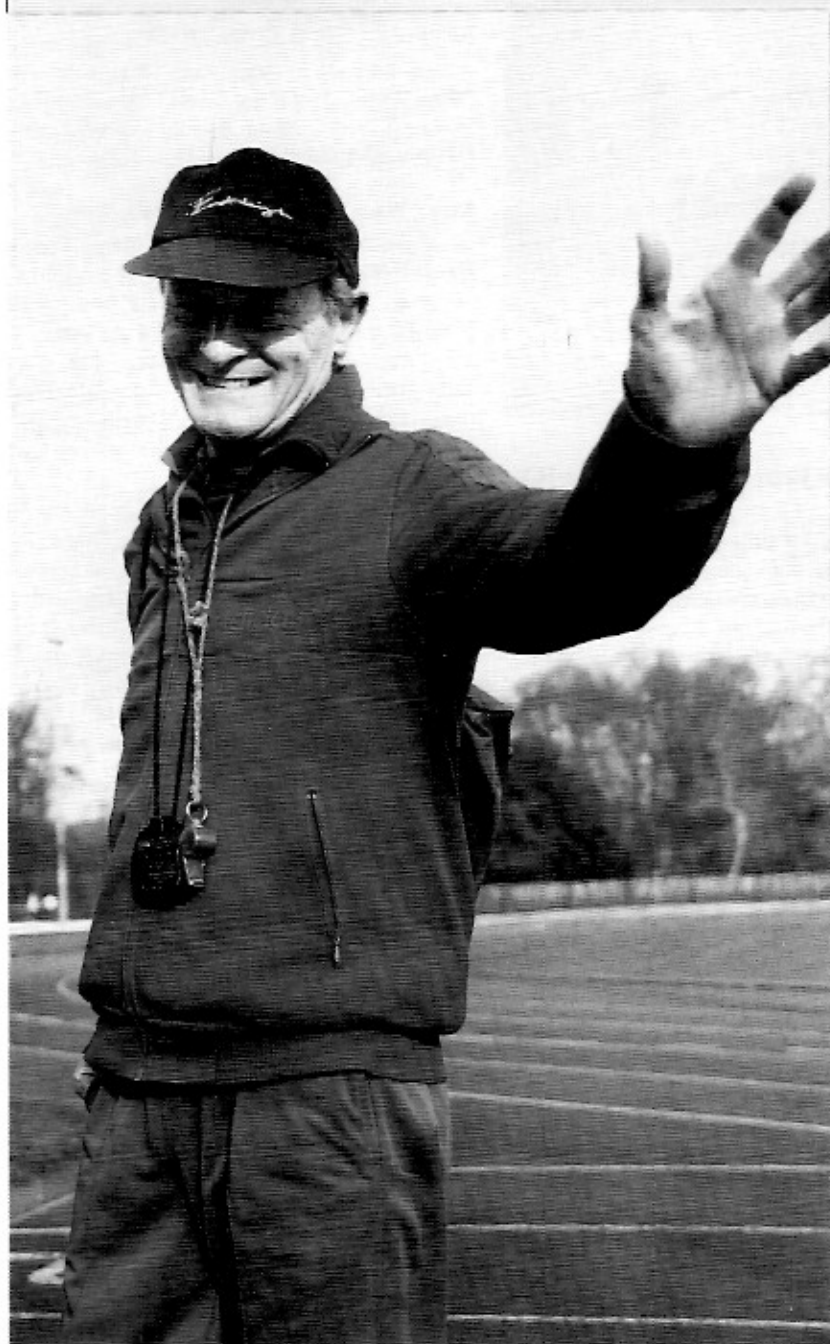


Photo by MFM

BMC Founder Frank Horwill

The British Milers' Club

Founded 1963

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BMC Founder 1963

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MEMBERSHIP

Membership is limited to those athletes who have achieved the required qualifying times, and to Senior BAF Coaches. Associate membership is granted to those possessing special qualifications likely to benefit the club.

Members receive the *BMC News* free twice a year. They are eligible for reduced entry fees to BMC Races and Courses, as well as receiving travelling expenses to some sponsored BMC Races. Coaches receive the quarterly *BMC Coaches' Newsletter*.

Annual subscriptions of £8 are due 1st January each year. All applications to join the BMC should be sent to the Membership Secretary enclosing a large SAE.

MERCHANDISE

BMC Vests (SM/L - £8), BMC Ties (£5) are available from Runnersworld, 333 Rayners Lane, Pinner, Middlesex. Please make all cheques payable to Runnersworld.

Back issues of *BMC News* (£1 each) and the *BMC Fitness Testing Booklet* (£1) are available from the Treasurer, Pat Fitzgerald. Please make all cheques payable to 'The British Milers' Club'.

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BMC QUALIFYING TIMES

	800m	1,500m	3,000m	5,000m	10,000m
Senior Men	1:52.0	3:49.0	8:10.0	14:10.0	30:00.0
Junior Men	1:55.0	3:56.0	8:35.0	14:50.0	
Youths	1:59.0	4:05.0	8:45.0		
Boys	2:05.0	4:20.0	9:15.0		
Senior Women	2:12.0	4:28.0	9:35.0	16:50.0	36:00.0
Juniors (U20)	2:14.0	4:35.0	9:50.0	17:10.0	
Intermediates	2:17.0	4:40.0	10:00.0		
Girls (U15)	2:20.0	4:50.0			

BMC News...News...News...

** Editorial : 1963 - 1993

In 1963 the British Government was groaning and creaking from one crisis to the next under the scandal of the Profumo Affair. US President John Fitzgerald Kennedy was gunned down in Dallas, and Beatlemania was sweeping Europe and the USA.

Born into this turbulent era was the British Milers' Club. Our fastest miler in 1963 was Bill Cornell with 4:00.8. John Boulter ran 880 yds in 1:47.8 and 1,500m in 3:43.3 (ten route to 4:01.3) at Oxford to underline his miling potential and Bruce Tulloh reigned supreme with 13:22.4 to top the UK 3 miles list.

Anne Smith raced 880 yds in 2:07.0 to top the UK rankings and Phyllis Perkins turned in a 4:57.0 mile in 1963. Marise Chamberlain (NZ) was the official leader of the world 800m list with 2:05.2 for 880 yards, although Sin Kim Dan of North Korea stunned everyone by clocking 1:59.1 for 800m at Djakarta in a meeting unsanctioned by the IAAF.

Best men in the world that year were Bill Crothers with 1:46.8 for 880 yds and Michael Jazy with a new European record of 3:37.8 for 1,500m. Peter Snell ran 3:54.9 for the mile and Murray Halberg 13:41.3 for the 5,000m. Ron Clarke set the first of his long string of world records with 28:15.6 for 10,000m in December. No British miler was ranked in the world top ten or even the European top ten.

Frank Horwill was appalled by the state of British miling and, via the letters column of *Athletics Weekly*, urged fellow fanatics to join him to form a club. His appeals bore fruit and thirty-five people wrote letters of support. In July 1963 they all met one weekend at the Southern Junior Championships at Wimbledon Park and thus the BMC was born.

The founder members were: Frank Horwill, Alf Wilkins, Brian Buxton, John Thresher, Wilf Paish, Brian Boulton, Harry Hayes, Maureen Smith and Gordon Pirie. The first President of the BMC was Sir Roger Gilbert Bannister and member number one was Scotsman Hugh Barrow, who held the UK Junior mile record.



Photos by MFM

Some things never change! Frank Horwill exercising his lungs at the 1992 National Training Day.

We were off and running, with a policy of raising British middle-distance running to world supremacy. We staged fast and committed races at venues throughout the country, and improved the coaching knowledge of member coaches.

Thus wrote Dave Cocksedge, then *BMC News* Editor, in 1983 when BMC members held two Olympic titles, as well as world records at 800m, 1,000m, 1,500m, 1 mile, 2 miles and 5,000m, the European record at 3,000m and the women's UK 1,500m record.

The last ten years have been somewhat quieter, but two of the world records still stand, two are still European records, and two have been improved by Steve Cram. Dave Moorcroft's European 3,000m record still stands and Kirsty Wade now holds the British record for 800m.

But let's not get complacent. Ann Packer-Brightwell set a world record of 2:01.1 for 800m when winning the 1964 Olympic title, and that time would still get her into the UK team. She also ran 400m on cinders in 52.2, speed that would see off most of our current 400m ladies.

The UK women's records in 1963 stood at 2:05.0 and 4:29.7. Now they are 1:57.42 and 3:59.96. Meanwhile the world bests have gone from 1:59.1 and 4:19.0 to 1:53.28 and 3:52.47, and each year we are unable to close the gap.

In 1992 no British runner made a 1,500m Olympic final and we have completed a full circle back to 1963. The new aim of a rejuvenated British Milers' Club is therefore to restore British middle-distance running to world supremacy, and articles in this issue point the way forward. To this end BMC Chairman David Iszatt recently wrote to *Athletics Weekly* and *Athletics Today* gathering the support of coaches and athletes for a series of BMC mixed races.

Following talks with UK Director of Coaching Frank Dick, 1993 marks the first year of co-operation between the BMC and the BAF. BMC races will be billed as 'in association with the BAF', and in due course BMC Regional Secretaries will assist BAF National Coaches in organising BMC Regional Training Days.

This is therefore a critical year in BMC history and we need your help and support to achieve our goals.

** BMC Master Coaches

Congratulations to the following BMC members who were awarded the title of Master Coach last November:

Ernie Gallagher, John Glover, Jimmy Hedley, Charles Kelly, Sean Kyle and Norman Poole.

BMC News...News...News...

BRITISH MILERS CLUB



** 30th Anniversary Dinner

There has been a good response to our plans for the BMC 30th anniversary celebrations being held in Oxford on Saturday 10th July 1993.

At the famous Iffley Road track, there will be two 4 x 1 mile relay races for men and women. Quartets organised by the National Event Coaches Norman Poole and Phil Banning will compete against BMC squads selected by the Regional Secretaries from each of the BMC regions.

In view of the close proximity of the World Championship Trials, and the clash with the Dream Mile at Oslo, it would not be fair to expect Britain's top milers to turn out on this occasion, but we are delighted to have secured the willing services of several leading internationals over the longer distances, for whom we hope the relays will be an under-distance sharpener before the trials.

BMC members who have expressed an interest in running as part of their regional squads include Matthew Barker, David Benton, Tim Brennan, Ian Chalk, Matthew Clarkson, Patrick Gale, Paul Galloway, Michael Gooch, Mark Fallows, Richard Findlow, Paul Freary, Nigel Flint, Bashir Hussain, David Rowbotham, Aidan Walpole and Lisa Webb.

The UK men's record of 16:17.4 set by Bristol AC in Iowa in 1975 must be under threat, even if the world record of 15:49.08 set by Republic of Ireland seems out of reach. We do, however, have the unique opportunity to create a world's best in the women's 4 x 1 mile - as far as we are aware, no mark has ever been recorded for this event.

We are also planning to include an attempt on the first sub 4 minute mile by a veteran. Those who have expressed an

interest in other age group races include Malcolm Brown, David Green, Jim Golder, Derek Ibbotson, John Kirkbride, Sean Kyle and Michael Morris.

There will be a special sponsored race for juniors. Other races include the Golden Oldies 4 x 400m and a BMC Handicap Mile for men and women. Maureen Smith has kindly organised officials for the meeting.

The Celebration Dinner will take place just up the road at St Hilda's College at 8.00pm. Evening dress shall be worn. Attending as guests of honour will be Sir Roger Bannister and Derek Ibbotson, as well as National Coaches Frank Dick, Norman Poole and Phil Banning. The Prime Minister, the Right Hon. John Major MP, is unable to attend, but has sent a message of support for the day's events.

The Dinner will cost £35, overnight accommodation at St Hilda's is £25. There will be free admission to the track for those attending the Dinner. A few tickets for the Dinner are still available, contact Matthew Fraser Moat, Ripple Court, Ripple, Deal, Kent, CT14 8HX (Tel. 0304 379777). Those who have already paid their deposits are asked to pay the remainder to the above address by the end of May. Final details will be despatched in early June.

** Norman Poole elected President

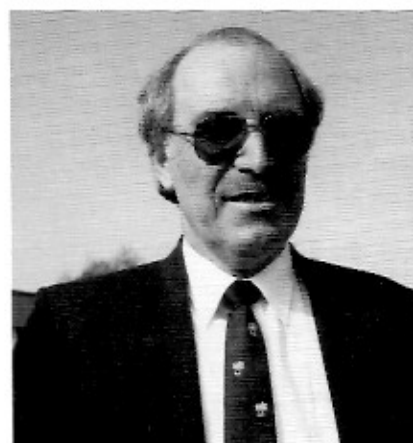
Norman Poole, National Event Coach for Middle Distance, has accepted the invitation of the BMC Committee to be BMC President until October 1994.

Norman has reserved a limited number of places at the National Squad Weekends for BMC members and their coaches who would not normally be invited as of right.

The BMC Committee has decided that these places, ten in total, will be offered to those members who, in the opinion of the race organisers, have contributed the most to the BMC races during the past year.

The first of these weekends will be taking place in Manchester on 13th / 14th March 1993.

** David Iszatt elected Chairman



David Iszatt has been elected the new Chairman of the British Milers' Club. A product of the BAAB Coaching Scheme, he originally came into middle distance running to assist his son, then a promising teenager and later a junior international. After a spell assisting Mike Dumphrey in the early 1980s, he followed the UK Coaches' Education Programme, advancing to Senior Coach in 1984.

David has drawn on his training and experience as a civil engineer to bring practical application of scientific knowledge to middle-distance running. He was appointed Midlands Regional Secretary in 1990, and is currently coach to Birmingham University AC.

David told the *BMC News*: "I am honoured to accept the invitation to become Chairman of the BMC, and will seek to draw on my managerial experience to ensure that it is run as effectively and professionally as possible."

** 1992 Coach of the Year

The award was made to Ernie Gallagher for his achievements with Curtis Robb, Britain's only 800m finalist in Barcelona.

** 1993 Coaching Directory

For financial expedience, the production of the 1993 *BMC Coaching Directory* has been put back until the Autumn.

BMC News...News...News...

** National Training Day 1993

After an excellent attendance in 1992, this year's National Training Day will again be held at West London Stadium.

The date of Saturday October 23rd 1993 has provisionally been booked, and all members are invited to attend. Further details will appear in *Athletics Weekly* and *Athletics Today* nearer the time.

** BMC in Lanzarote - March 1993

As announced in the last issue, we have arranged with Sports Tours International special rates for BMC members at Club La Santa for 18th March - 1st April 1993.

The 1993 BMC International Grand Prix will be held at Club La Santa on 29th, 30th and 31st March 1993. The Grand Prix will comprise three races in three days over the following distances : 2 miles, 800m and 1 mile. All entry fees for the Grand Prix and the use of all sports facilities are included in the price of the trip.

The training course is open to all, but BMC members will receive an additional discount of £35. For further details, please call Vince Regan or Andrew Crossfield of Sports Tours on 061 703 8161.

** 1992 AGM Awards

Jack Buckner and Lachie Stewart were elected Vice Presidents. BMC Treasurer Pat Fitzgerald was presented with a plaque for special services to the BMC over many years.

** BMC Vests

Apologies to all members who were unable to get hold of BMC vests this winter.

Runnersworld have now restocked with a new supply of BMC vests. As announced last year, all BMC kit is now being sold via mail order at Runnersworld, 333 Rayners Lane, Pinner, Middlesex (Tel. 081 868 6997). Please make cheques payable to 'Runnersworld'.

The National Committee has recently resolved that only athletes who wear BMC, County or National vests will be eligible for expenses at sponsored races, so members without a vest will miss out.

** Book Service

We are delighted to recommend a new specialist athletics book service.

If you are having difficulty locating an out of print title we suggest that you contact Len Lewis, 3 Aubet Drive, Guilsfield, Welshpool, Powys, SY21 9LX (Tel. 0938 552023) who might just have it in stock. If not, we can testify that he operates an excellent book search service at very reasonable rates!

** Subscriptions

Have you paid your 1993 subscriptions? If not, please could you send your cheque for £8, made payable to the BMC, to the Treasurer, Pat Fitzgerald. If you have changed address, please let him know.

** Committee Meetings

The dates of the next meetings are : Sunday 9th May, Sunday 6th June, Sunday 4th July, Sunday 5th September and Sunday 7th November.

All meetings take place at 2:30pm in the Club House, West London Stadium, and all Vice Presidents may attend of right.

** Donations

We gratefully acknowledge donations received up to 31st January 1993 :

Tim Brennan, Malcolm Brown, Roy Fox, David Fruin, Len Lewis, Sean Kyle, Derek Parker, Paul Ray and Mladen Wezmar.

** Sports Aid Foundation

Just as we go to press, we receive word that we have been successful in our application for a grant from the Sports Aid Foundation.

The grant is for "general support for a race programme for junior athletes", and the Committee will consider how to make best use of the funds over the next few months. This is the first award that the BMC has received in its thirty year history.

** Next Issue

The next issue will be published in October 1993. All members who wish to contribute articles are asked to send them to the Editor by 31st August 1993.

NEW MEMBERS

Congratulations to the following who have been elected to the BMC since the last issue :

2318	Andy Hart	Coventry Godiva	2324	Noel Thatcher	Newham & Essex B.
2319	Justin Swift-Smith	Westbury Harriers	2325	Len Lewis	Associate
2320	Matt de Freitas	Portsmouth AC	2326	Malcolm McCausland	Sparta AC
2321	David Robertson	Tonbridge AC	2327	Simon Robinson	Carlisle AC
2322	Dennis Johnson	Bedford & Co. AC	2328	Ernie Gallagher	Liverpool Harriers
2323	John Hopkins	Senior Coach	2329	Phillip McGuinness	Liverpool Harriers

Your Complete Guide to Track Success

We are often asked questions like "How do I reduce my 1,500m time to 3:45?" or "Can you recommend some schedules to improve my 800m time?"

There is of course no simple answer, and it may be that the athlete is already at his maximum potential, but our experience shows us that there are a few simple points that apply to most athletes.

There are five reasons why athletes may not realise their ambitions :

1. Those ambitions were unrealistic.
2. The athlete never actually got fit enough.
3. The athlete could not avoid injury.
4. The athlete did the wrong sort of training.
5. The athlete has not got the mental strength of character to 'win'.

An athlete can only perform to his design limitations. Some athletes are simply born with more ability than others. For a full discussion of the factors behind this, please see Chapters 1 - 4 of *The Lore of Running* by Tim Noakes.

Some athletes don't know what it is to hurt in training sessions. These are the athletes often referred to as 'poseurs'.

Some athletes are always injured. This normally results directly from a bio-mechanical fault. If you are unable to correct the fault - many people are unable - then work around the problem, do not confront it head on. If you are prone to injury on the roads, run on the track or on grass. Make sure that you have the right shoes, and that they still give the correct support. There is no point in extracting a few extra miles from an old pair of shoes if they leave you injured after the session. And remember, incorrect orthotics are as bad as no orthotics at all.

Some athletes never go on a track all winter, and then wonder why they can't run a good 800m early season. Some athletes just haven't got what it takes upstairs. That is not being cruel, it is

simply stating a fact, and these athletes will always be outwitted by a cleverer runner of equal physical ability.

Over the years, Frank Horwill has developed a unique insight into athletes' strengths and weaknesses, and via his postal coaching has achieved some notable successes.

In the early 1970s Frank was the first in the world to investigate the relationship between athletes' potential times at different distances. He was alerted to the fact that some of our 400m specialists were recording excellent 800m times, while some three-mile (5k) men were recording some notable victories over the mile.

The Five-Pace Theory

Here is a summary of Frank's findings :

1. When middle-distance runners move up to a longer event, what they do in the longer event can be fairly accurately assessed. The measure of their potential is called the 4-second rule for men, and the 5-second rule for women.
2. When a runner moves down a distance, the same rules apply.

Example - Consider the following runs :
800m in 2:00 is 60 secs per lap
1,500m in 4:00 is 64 secs per lap
3,000m in 8:30 is 68 secs per lap
5,000m in 15:00 is 72 secs per lap
10,000m in 31:40 is 76 secs per lap

We would expect a fairly good club runner who does 3k in 8:30 to be able to achieve all of the above times with training. Note that whilst these rules are typical for most endurance-based athletes, they do not apply to 400m sprinters attempting to move up to 800m.

These rules can be used to pinpoint weaknesses that may not otherwise be apparent. If a lady can run 55 secs for 400m, 2:00 for 800m (60 / 400) but only 4:22 (70 / 400) for 1,500m, it clearly

shows that her endurance is poor. Work on bringing her 1,500m time towards 4:04 (65 / 400) will almost certainly bring down her 800m time.

This is why the BMC advocates training and racing over and under an athlete's specialist distance.

But why stop there. If this lady athlete can run 2:00 for 800m with a 55 sec 400m, how much faster could she run 800m if she could run 53 secs for 400m? 1:56 (58 / 400)? Is it therefore not logical to do specific work to improve her 400m time?

Practical experience suggests that for optimum results the athlete should do specific training at five different paces, so the above lady should work towards 200m in 25 secs (50 / 400) and 3,000m in 8:45 (70 / 400).

The Evidence

You might ask how we are so sure that the five-pace theory is correct for you. The answer is simple - every athlete who has followed the training diligently has shown a dramatic improvement. This is not to say that other coaching methods do not work, but that *this* is a method that *does* work.

Athletes who have benefited from five pace training include:

Peter Beacham, UK 800m indoor record;
Gill Tivey, UK 1,500m indoor record;
Liz Connors, world 3,000m indoor best;
Wayne Tarquini, UK U20 800m indoor record;
Paul Williams, UK 1,500m indoor champion;
Jim Douglas, UK 1,500m record;
Bridget Cushen, UK 3,000m record;
Christine Brace, WAAA Intermediate 1,500m champion, and record holder;
Tim Hutchings, UK 5,000m champion and twice silver medallist in WCCC;
Web Loudat, USA masters 3,000m and 5,000m records.

by Achilles

Peter Coe has regularly stated that he adapted the five-pace system of training to Seb Coe's needs. In his foreword to Frank's book, *Obsession for Running*, he writes "Seb's Olympic Golds, Olympic and world records, offer adequate testimony to these principles being correct". Twelve world records in four years isn't bad!

How to proceed

Do some calculations based on your personal bests. Calculate the percentages that your best times are outside the world records for all the distances that you run. Decide for yourself whether you are a 400 / 800m runner, a 800 / 1,500m runner or a 1,500 / 5,000m runner. Do you lack speed, or do you lack endurance?

Test Yourself

It is important to set yourself some benchmarks with which to assess your fitness. We suggest that whatever your track ambitions, you complete the following tests every twelve weeks.

1. Test how far you can run in 15 minutes.

The target is 5,000m plus for men, 4,600m plus for women. If you fall short of this you should take the following corrective action:

i) Twice a week run double the distance done in the test in 33 mins; aim to get it down to 30 mins in twelve weeks.

ii) Once a week run half the distance done in the test three times in $7\frac{1}{2}$ mins with 1 min rest; aim to get down to 7 mins in twelve weeks.

iii) Once a week do a track session. Calculate the time per lap done in the 15 min test, halve it and take off 8 secs. Run a series of 200m runs at this pace with decreasing rest starting with 90 secs, decreasing by 15 secs after each 200m until you have only 15 secs rest before the next 200m, then go back to 90 secs again.

Keep on until you cannot record the necessary time.

These three types of session are: (1) lactate response pace; (2) 3k pace; (3) 1,500m pace.

2. Test your speed over 40 yds (36.6m) and 400m.

The goal is sub 4.5 secs / sub 52 secs for men, sub 5 secs / sub 56 secs for women. If you cannot record these times you must train every other day doing sprint work.

One session needs to be short, say 20m run up, 30m full out plus 5m at a time up to 80m - 30, 35, 40 etc. One session should be longer, say 4 x 200m full out with 3 mins rest. These should be 2 secs faster than your 400m test run, e.g. test run 54 secs therefore 200 in 27 secs minus 2 secs = 25 secs. When these can be done on time, reduce the rest time by 15 secs a time per session until you can do all four on time with $1\frac{1}{2}$ mins rest. Then go back to 4 x 200m in 24 secs with 3 mins rest and repeat the process.

Get your technique right - run tall, arms going forwards and backwards vigorously in a straight line, elbows in, angle of 90 degrees between forearm and upper arm.

3. Test your leg strength with 25m hops.

Men need to do 9 hops on each leg, women 10. If you cannot do this you must strengthen your legs by hopping 25m twice on each leg up a gradient each day. Poor leg strength is strongly associated with poor basic speed. Aim high when you hop and you will go further.

4. Test how many press-ups, squat thrusts and bent-knee abdominals can you do in 1 min per exercise.

Men should aim for 60 of each, women for 40 of each. If you fail to record this you must do one exercise in turn each day (try first thing in the morning) as follows: exercise to maximum (not 1 min), take 1

min rest, repeat, 1 min rest, repeat. Next day choose another exercise.

Once you have assessed your strengths and weaknesses, you are now in a position to plan your season

Plan your Races

5. Decide on the first Sunday in March your track target.

Be specific: For example, men - I'm going to break 3:40 for 1,500m on 17th July (the date of the world championship trials); women - I'm going to break 2:00 for the 800m on 17th July.

Make your target realistic - do not say you are going to break 4 mins for the mile if you can only run 4:16 for 1,500m; the target in this case should be sub 4 min for the 1,500m. Pin your target figure up in a place where you can see it every day.

6. Work out the number of races you need to reach your target.

Usually between five and seven; aim to run the 5th and 7th races in the major championships.

7. Work out the number of over- and under-distance races you require.

This is usually four of each.

8. Plan your over- and under-distance races to occur before your specialist distance.

For example:

- a sequence of 1,500m, 400m, 800m for an 800m specialist;
- 3,000m, 800m, 1,500m for a 1,500m specialist;
- 5,000m, 1,000m, 3,000m for a 3,000m specialist;
- 10,000m, 3,000 / 1,500m, 5,000m for a 5,000m specialist;
- 10 miles, 3,000m / 5,000m, 10,000m for a 10,000m specialist.

Keep to this pattern throughout the season.

Your Complete Guide to Track Success

Plan your Training

9. **If you race over and under your specialist distance, you must train at those speeds on a regular basis.**

You must also use a different recovery period for each speed. Here is a guide :

- 400m full out speed sessions - jog double the rep distance.
- 800m pace - jog the rep distance.
- 1,500m pace - jog half the rep distance.
- 3,000m pace - jog a quarter of the rep distance.
- 5,000m pace - jog an eighth the rep distance.
- 10,000m pace - jog a sixteenth the rep distance.

When working in sets of reps equal to the distance of the race, you can halve the above recovery jogs, and then rest 5 mins rest between sets.

Get your jogs done in these times : 400m - 3 mins; 200m - 90 secs; 100m - 45 secs. Do not take longer - if you do, stop jogging and take a timed rest of the same duration as the jog. This is important.

10. **Do not always divide race-pace sessions into quarters.**

Choose instead one-third and two-thirds. For example, one-third of 800m is 267m, two-thirds is 534m. A third of 10,000m is 2 miles, two-thirds is 4 miles.

11. **Make the total of your repetitions equal to the length of the race.**

Then work up to double the distance, i.e. $3 \times 267\text{m} = 800\text{m}$; aim for $6 \times 267\text{m}$. $3 \times 2 \text{ miles} = 10,000\text{m}$ (approx.); work towards $6 \times 2 \text{ miles}$.

12. **Use straight-through reps one week and sets the next.**

e.g. $6 \times 500\text{m} = 3,000\text{m}$, twice the 1,500m distance. $2 \times 3 \times 500\text{m}$ with 250m jog after 500m runs and 5 mins rest before the

next set. The straight-through sessions give endurance, the sets give speed endurance.

13. **Avoid doing the same pace session and same distance reps in succession.**

If you do 800m runs at 5,000m pace on Sunday, do 400m runs at 3,000m pace on Tuesday and 200m runs at 1,500m pace on Thursday, and, if not racing on Saturday, 100m runs full out, or at 800m pace.

14. **Avoid training at the same pace as the pace you did in a race the day before.**

If you raced 800m on Saturday, do either a 400m sprint session or a 1,500m pace session on the Sunday. If you raced 10,000m on Saturday, train at 800m or 3,000m pace on the Sunday.

15. **Do one session or a part of a session per week devoted to tactical training.**

For example, when doing $3 \times 1,000\text{m}$ at 1,500m pace, make the last 200m of one rep much faster than the others, say 2 mins at 800m then 28 secs for the next 200m.

16. **Make your schedule out for 21 days or even 28.**

Avoid doing the same thing each week.

17. **Do not train on the track every day.**

Every other day is adequate.

18. **Do not neglect steady running and hill running.**

They bind the speed sessions together, they are the cement between the bricks.

Racing

19. **Use time trials before major races to assess your fitness.**

If the results are not good, do not race.

20. **Don't always race the same way.**

Early season should be experiment time. Lead the whole way in one race, take the lead at the halfway mark in another. Stay behind until the home straight in another. See which gets the best time and the best results. Do not become an open book for your opponents.

21. **Have a simple plan for all races and a secondary one in case the first goes wrong.**

If you plan to run 1,500m level pace (64-64-64-48) and the first lap is 68 secs, you must take the lead to restore the race to your plan, i.e. 68-60-64-48.

22. **Your last track session before a race should be at a pace faster than the race.**

If racing 800m, do a 400m session flat out. If racing 10,000m, do a 1,500m flat out.

23. **Experiment with recovery before races.**

A day off before a major race may not be enough for you; you may require two days off.

24. **If you suffer from nerves before a race - remember this :**

Treat the race as a time trial with no-one else in it; concentrate on your pace, your target; think only of your lap times, your time trial. Often by doing this you will find that your best time will be the winning time.

Conclusion

Do not over-race. Race sparingly but effectively. Aim to peak in July. Get some good early-season times in, and you will be invited to our 30th Anniversary Celebrations in Oxford on 10th July in the presence of Sir Roger Bannister.

A Suggested Schedule

Let us assume that we have a female with a reading of 4,000m on the 15 min test run, 5.5 secs on the short sprint test and 62 secs for the 400m test. She can only hop 12 times on each leg for 25m and she can only do 15 each of the exercises. She has a best time of 2:14 for 800m, but can only do 4:45 for 1,500m. Her target is to reduce her 800m time to sub 2:10. As she is short on endurance, we have put extra 1,500m sessions in the training. If you are short of speed, replace one or more 1,500m or 3,000m sessions with 400m or even 200m sessions.

Her initial training paces are : 200m pace (57 / 400); 400m pace (62 / 400); 800m pace (67 / 400); 1,500m pace (72 / 400); 3,000m pace (77 / 400). As she gets fitter, her training paces will increase. Calculate your training paces and adjust the times of the reps accordingly.

This is *her* suggested training :

Day 1. **Lactate response run.** Run 8,000m (5 miles) in 33 mins or less. 10 mins rest. 20m run up, 30m sprint full out adding 5m a time to 80m. 5 mins rest. Hop 25m on each leg up a gradient. 5 mins rest. One exercise to a maximum of three times with 1 min rest.

Day 2. **1,500m pace.** 6 x 500m in 90 secs with 250m jog (112 secs). 5 mins rest. **200m pace.** 4 x 200m in 29 secs with 3 mins rest. 5 mins rest. Hop 25 each leg. An exercise to max. three times.

Day 3. **3,000m pace.** Run on grass 3 x 2,000m (1 1/2 mile) in 7 1/2 mins or less with 1 min rest. 25m hop. An exercise to max. three times.

Day 4. **800m pace.** 6 x 267m in 44 secs with 2 mins rest. 5 mins rest. 20m run up, 30m sprint full out plus 10m per run, i.e. 30-40-50 to 80m. 25m hop. An exercise to max. three times.

Day 5. **Long run.** 1 hour slow run on grass. 25m hop. An exercise to max. three times.

Day 6. **1,500m pace.** 200m reps in 36 secs with decreasing rest, say 90-75-60 down to 15 secs, then start with 90 secs again and repeat until 200m reps not done on time. 25m hop. An exercise to max. three times.

Day 7. **Rest.**

Day 8. **Lactate response run.** As day 1.

Day 9. **1,500m pace.** 2 x 400m in 72 secs, 45 secs rest, 1 x 800m in 2:24, 90 secs rest, 1 x 300m in 54 secs. 5 mins rest. **200m pace.** 4 x 200m in 29 secs with 3 mins rest. 25m hop. An exercise to max. three times.

Day 10. **3,000m pace.** As day 3.

Day 11. **800m pace.** 1 x 534m in 89 secs, 2 mins rest, plus 1 x 267m in 45 secs. 5 mins rest. 2 x 400m in 67 secs with 90 secs rest. 5 mins rest. 4 x 200m in 33 1/2 secs with 45 secs rest. 5 mins rest. 6 x 150m full out. 25m hop. An exercise to max. three times.

Day 12. **Long run.** As day 5.

Day 13. **Gerschler fartlek.** 15 mins jog, stride hard 30 secs with decreasing rest, 90-75-60 down to 15 secs, repeated three times. 25m hop. An exercise to max. three times.

Day 14. **Rest.**

Day 15. **Lactate response run.** As day 1.

Day 16. **1,500m pace.** 1 x 1,000m, 1 x 800m, 1 x 600m, 1 x 400m, 1 x 200m. All at 18 secs per 100m with 500m jog, 400m jog, 300m jog, 200m jog, respectively. 5 mins rest. 6 x 100m from standing start full out. 25m hop. An exercise to max. three times.

Day 17. **3,000m pace.** Run up and down a long hill where the ascents total 2 miles, e.g. hill 800m long x 4 or hill 400m long x 8. 25m hop. An exercise to max. three times.

Day 18. **400m pace.** 1 x 600m, 1 x 500m, 1 x 400m, 1 x 300m, 1 x 200m, 1 x 100m at 15 1/2 secs per 100m and jogs of 600m, 500m, 400m, 300m, 200m, 100m respectively. 5 mins rest. 1 x 350m, 1 x 300m, 1 x 250m, full out. 25m hop. Exercise to max. three times.

Day 19. **Long run.** 1 hour slow run on grass. 25m hop. An exercise to max. three times.

Day 20. **1,500m pace.** As day 6.

Day 21. **Rest.**

- If the times of the reps cannot be recorded, do *not* increase the recovery time. Simply note the average and aim to do better next time round.
- Always take a day off before a race, possibly two. The days missed should be worked into the following week. Faster sessions should be done before the race. When in doubt do a Gerschler fartlek.
- Those who show signs of extreme tiredness after the first 21-day cycle owing to poor fitness training before the programme should adhere to the schedule but follow each day listed above with a day involving a 30 min jog only. This means that the cycle will be extended to 42 days instead of 21, but the same work will be done in due course. Once the workload can be managed in a 42-day cycle switch back to 21 days.
- Strict adherence to the programme over four complete cycles will see the athlete peak in fitness. This will take 12 weeks for those on the 21-day cycle and 24 weeks for those on 42 days.
- When the cycle has been repeated four times some of the track sessions may be reduced by 25% in quantity to gain further speed, but the slow runs should be lengthened by 25%.

Frank Dick

An Interview with the Director of Coaching

Much maligned over many years, Frank Dick has been Director of Coaching since 1979. BMC News went to see him at his home near Croydon.

How did you get involved in athletics?

Listening to the Chataway / Kuts race at White City on the radio served as the major impetus. I started running at school in Edinburgh, predominantly at the middle-distance events. I came 2nd in the school half-mile, 3rd in the triple jump and was selected to run for Scotland. Later I won the AAA's junior 200 yards hurdles and represented Great Britain indoors against Finland over 400m.

What first interested you in coaching?

I suppose it started when I was still at school. The PE staff didn't seem to be too interested in athletics so I began to devise schedules for myself and other athletes. Soon I was well into the idea of programming athletes' coaching. My main source of information at this point was Stampfl's book on running.

In 1970, having graduated from Loughborough, I was teaching PE and mathematics and was just about to take up a position at the University of British Columbia when Tony Chapman suggested that I apply for the position of Scottish National Coach, which had just become vacant following John Anderson's resignation. I applied and got the job.

I published a series of articles in *Athletics Weekly* in 1975/6 and these led on to my book *Sports Training Principles* and the booklet *Training Theory*.

What prompted you to apply for the position of Director of Coaching?

Because both Harry Wilson and Bill Marlow said I should! The new role had been outlined at Wembley in 1977, and when Denis Watts and John le Mesurier relinquished their joint responsibilities the vacancy arose.

What is the definition of the role?

The post is now 'Director of Performance and Development' and encompasses three areas: (1) National Teams' Director, (2) Director of Coaching and (3) National Development Co-ordinator.

Reporting to me are the 10 National Coaches by region. These have the specific responsibilities for all the development of that region. In addition, I have given each of them three national responsibilities to give experience in, and to develop, a wider range of skills. These responsibilities lie in three distinct areas: (1) Coaching Services, (2) Athletes' Services and (3) Support Services.

The National Coach posts are advertised. In addition we have National Event Coaches for seniors and juniors, while the contenders (a new group for the under 23s) have event group coaches. These coaches have specific responsibility for the development of that event at a national level, and focus on either seniors, contenders or juniors.

These National Event Coaches are appointed by the National Coaches, following considerable debate!

This all sounds extremely professional and based on business principles.

Precisely.

But the system has not been without its critics, especially regarding the appointment of National Event Coaches.

I know. I have always kept to a golden rule, that of not airing internal troubles in public. Most people know this, but some take advantage of it. For example, there was the case of a National Event Coach who was known to have attempted to poach an athlete, and of course as soon as we heard of this we had to remove him. He did a lot of complaining in the national press, but I declined to join the slanging match. I think this is consistent with the image of how coaches around the country would expect the chief coach to behave.

What role do you see for the specialist clubs?

I am prepared to go on record that I see a very positive future for the specialist clubs, provided that they adapt to the requirements of the 1990s.

All management is about management of change. Athletics is no different. Since Roger Bannister first broke the 4 minute mile, society has changed, the role of sport has changed and professionalism within sport - and most important of all, money in sport - has changed. Some specialist clubs just could not cope. They could not understand why the sport changed, therefore could not adapt and ceased to operate.

I can see clear roles for those who want to be a part of the change - no role for those who don't.

How about the British Milers' Club?

I think that your policy of confrontation was a mistake. Over the years each side has built its own respective territories - what was the point? Should the BAF and the BMC decide to work in partnership, we can make some great changes to British middle distance running. But in order to work in partnership, the walls between us must come down. There is no point in just removing a few bricks.

What about your plans for the next few years?

We recently held a Performance and Development Conference where I stressed that it is time to think teamwork. National squad sessions are perhaps not as helpful as 'elite coach workshops', where coaches share problems and solutions.

Those athletes who are good enough to make one of the British National Squads are about 600 in number, and they are coached by about 400 different coaches. We have around 80 coaches in the UK who are either part of the coaching scheme or supportive of it. These coaches are

David Cocksedge

800m - Speed Weds Endurance

equipped to provide leadership for the elite coach workshops and can act as the 'coach's GP'. The workshops will have one leader plus five or six elite coaches. The leader 'GP' will assist. They will assist the coaches in developing complete plans for athletes, encompassing lifestyle management and medical support as well as the more traditional training plans.

Where a special need emerges which requires special attention, there is the possibility of referral to a 'specialist', i.e. the National Event Coach or another acknowledged expert in the field - whether British or from abroad.

How can the BMC assist you in this?

The BMC would be gold-dust in helping to develop youngsters into middle distance athletes.

Participation of children in athletics is very dependent on the co-operation of parents, who have to take them to and from the training venue. I'd like these times to fall in love with athletics, but to do so, the clubs have to make it possible for their mums or dads to drop them off and pick them up. Once clubs accept that we need this sort of service by understanding the needs of modern families, we must provide the sort of fun athletics that makes these youngsters stay with the sport, with athletics, and - most importantly from your point of view - with middle-distance. We need ways of making endurance training attractive to young athletes. The use of mixed relays and *parlaufs* can transform an otherwise dull session. I think the time has come for all the expertise in the BMC to produce 'fun athletics' ideas that relate to running.

The BMC can assist by putting on races throughout the year, and your regional secretaries can assist the National Coaches in their respective regions in consultation with area associations or federations by putting on regional training days. But, as I say, the walls must come down.

Let them fall!

Eight hundred metres racing is not for the faint-hearted. It is a young person's event, an acid-heavy race somewhere in the twilight zone where speed meets strength and endurance. The argument as to what type makes the ideal two-lapper - 400m sprinter or miler - will always rage among coaches. What is interesting from the top 60 lists published in the last issue of the *BMC News* is the predominance of 1,500m types. This is also reflected at world level.

The top six UK men are all 800/1,500m types, with only Garry Cook (personal bests of 46.0 and 1:44.55) and Steve Heard (45.74 and 1:44.65) breaking into the top 10. Among the women, not one of the seven British women who have run below 2 mins for 800m has ever run faster than 53.52 for 400m (Diane Edwards). The most striking strength-based runner here is Paula Fryer, who, being no faster than 55.40 for 400m and 4:28.9 for 1,500m, has yet run 1:59.76 for 800m.

Using 400m personal bests, an imaginary 400m race among Britain's sub 1:46.5 800m men would be won by Brian Whittle (45.22) from Heard (45.74), Colin Campbell (45.9), Cook (46.0) and Seb Coe (46.87), with Steve Overt (47.5) just shading Ikem Billy (47.51) for 6th place and Tom McKean 8th in 47.60. World mile record holder Steve Cram (400m best of 49.1) does not make the 'final'.

Among our sub 2:04 women, the victor would be Linda Keough in 50.98 from Verona Elder (51.4), Board (52.1), Brightwell (52.20), Laban (52.2), Wright (53.2), Ann Middle (53.5) and Edwards (53.52). Note that UK 800m record holder Kirsty Wade (54.50) is also outside the top eight. Speed enthusiasts argue that the current women's world 800m record holder was very much a 400/800m type: Jarmila Kratochvilova (Czech) ran 47.99 and 1:53.28 during her splendid career, which saw two world titles at Helsinki in 1983. However, the only other woman placed in the world's all-time top 50 in both events is Cuba's Anna Quirot, with bests of 49.61 and 1:54.44.

It's even thinner for male 400/800m types: Cuba scores again with the great Alberto Juantorena - the only man to place in the world all-time top 50 at both 400m and 800m. This extraordinary individual ran 44.26 and 1:43.44 in his heyday during the 1970s, when he became the only man to pull off the immensely tough Olympic 400/800m double. Also notable are the Italian/South African Marcello Fiascanaro, who ran 45.49 and 1:43.7 (WR) between 1971 and 1973, and Harold Schmid (44.92 / 1:44.9). In Britain, Colin Campbell was exceptional with bests of 21.6, 45.9, 1:46.1 and 3:44.5 / 4:04.4. Overt, of course, was versatile to manage 47.5 for 400m and 65.38 for the Dartford half-marathon between 1974 and 1977.

On the distaff side, speed/strength types such as Sigrun Wodars Grau (51.80 and 1:55.26, both in 1987) and Christine Wachtel (51.62 / 1:55.32) stand out in recent years, but how about 1980 Olympic 800m champion Nadezhda Olizarenko for the best range of pbs? That year, she ran 50.96, 1:53.43 and 3:56.8! Best of the 800/1,500m types is still Tatyana Kazankina (1:54.94 / 3:52.47), who won her second of her three Olympic golds in the Montreal (1976) 1,500m final with a scorching 56.9 secs last lap...

The fact is that the upper sections of both men's and women's 800m all-time lists are packed with miler types. Speed endurance, born of four lap strength, seems to hold the upper hand more often than not. It has to be said, though, that when good 400/800m types come along, they can become really outstanding individuals over the longer distance. I'm thinking of Rudolf Harbig - the last man to hold world records at 400m and 800m simultaneously (46.0 / 1:46.6) and with best sprint times of 10.6 and 21.5 - and of course Juantorena, Kratochvilova and Packer.

Looking at the whole range of distances, perhaps the world's most complete male runner yet is Said Aouita - a man who could boast personal bests of 46.9 for 400m right up to 27:26.11 for 10,000m.

Kirsty Wade

The Way to Atlanta

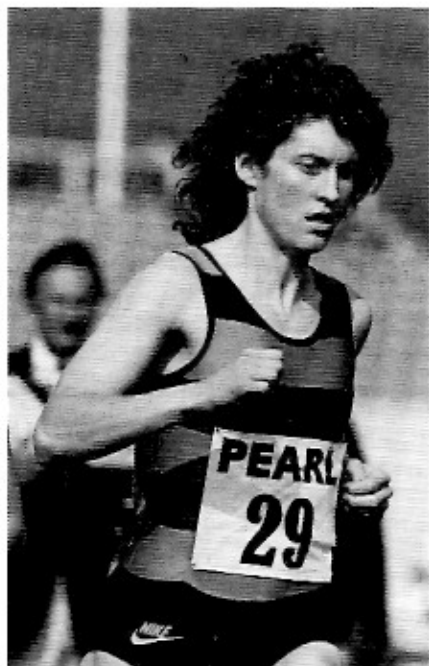


Photo by Shearman

Now 30, Kirsty Wade has been Britain's leading female middle-distance runner for eight years, and still remains the woman to beat domestically over 1,500m / 1 mile. She is the only person to respond to the challenge issued in the last BMC Coaches' Newsletter about how to improve British female performances at the next Olympics.

I have always felt that being an athlete is a selfish occupation. The process of extending physical limits in British weather is an exhausting business that squeezes out the energy and enthusiasm necessary for setting the rest of the world to rights! Apologies for this apathetic attitude (which is shared by a large proportion of athletes) but it always seemed more appropriate that coaching and administration within the sport were best left to those 'bodies' not intent on achieving weekly mileage targets.

When I was younger this all seemed clear-cut, but with twenty years of competitive athletics behind me and a wide variety of traumas it is unnerving to find that I now have more experience with

international competitions and training complexities than some of the powers that be. This has occasionally triggered a mad rush out of the domestic clutches of the laundry basket into the pen and paper department in order to voice some frustration in public. Although I blush at these uncharacteristically strident actions in retrospect it pleases me that I *do* care enough to have my say.

Late last year, in response to one of these impetuous letters, Frank Horwill requested that I write an article on how to prepare British middle-distance women for the 1996 Olympics.

Let me first of all state that as an athlete in full training, tonight's track session remains top of my own list of athletic priorities, not the construction of a template for the progress of others in the next decade - Frank, Norman, George, Harry etc., I will leave the real work of thrashing out methods and plans and conferences with you. Nevertheless I feel flattered by your request and for what it is worth I would like to contribute a few ideas gleaned from my ancient background. Throw them into your decision-making cauldron and good luck with the stew!

1. Selfishness and Money

Mature female athletes have to kiss farewell to a 'normal' existence. In the past a commitment to training has placed strain on relationships, jobs and self. For women this is generally not worth the sacrifice - a married woman feels very guilty about training in a way that many men cannot comprehend. The status and financial rewards from athletics have until recently been meagre or unattainable.

To talented youngsters going through a transitional phase between the ages of 16 and 22, the pressures and decision making within their lives often prove too much; therefore sustaining the athletic training necessary to progress in world terms becomes impossible.

Small boosts financially at this stage could help considerably. Concerning status, thanks to Ms McColgan and Ms Murray running has hit an acceptable spotlight - let's hope that this provokes enough interest to sustain the next wave of talent.

2. Medical and Dietary Back-Up

Advice for female athletes in respect of hormonal and dietary changes has a vital part to play in the advancement of performance. Obviously help with specific injury problems, orthotic expertise and psychological preparation would be extremely useful, but these are not exclusively female needs.

The British Olympic Centre in Harrow is making huge steps in the right direction but it cannot act alone and its services are only available to a small proportion of those whom it could benefit.

3. Mixed Graded Races

For the experienced female athlete, mixed races are a god-send. Careful grading provides an excellent opportunity for women to feel what racing against strong fast opponents is like. It breaks mental reservations and expectations, and form can be measured in an unpressured atmosphere.

Ratifying the times is unimportant - each race is a useful benchmark in its own right. Once women get used to going through the bell in a fast pack, championship races won't seem so intimidating.

4. Supportive Attitudes

It may be convenient to dismiss high 'dropout' rates among female middle-distance runners between the ages of 16 and 22 as being due to weak will and lack of backbone etc. This sweepingly blasé attitude fails to address the problem.

Andrew Bell

Letter from South Africa

It is a fact that most women are not as self-confident as their male counterparts at that age - coaches should recognise this and be prepared to give extra support. This psychological bolstering may seem unnecessary but I feel that it is vital to help women athletes overcome setbacks and set their targets at a higher level. The female ego can be frail - let's give it all the help we can!

5. Sport in Britain

The progress of women's athletics in Britain has to be seen in the wider context of support for all women's sport. It has to be recognised that competitive physical activities do not have high status. Once out of school it is deemed acceptable to be involved in cosmetic activities to keep fit, but real commitment to pain at the expense of time spent with boyfriend / husband / children is definitely not regarded as worthwhile.

6. Conclusion

Until these attitudes change only limited advances can be expected. Childcare, job-shares and financial rewards are all issues that have to be addressed. Personally I am unable to envisage rapid change in the overall picture.

This means that whilst the occasional strong, talented, well-supported individual will appear (Liz McColgan, Sally Gunnell etc.), I feel these cases will be the chance successes and that we will lose a lot more of the talented women than we will ever bring to the international podium.

Let's face it, we need as much legal help as we can get because out there the playing field is certainly not even. That is another axe to grind altogether!

Good luck to all coaches and athletes aiming for excellence in 1996. Although luck will play its part, you may find that a few of these extra support factors are also necessary.

Michael and Elana Meyer are travelling abroad as I write, and did not leave their article as promised before they left, so once again I have missed the boat!

Nevertheless, we have plenty to report. We had our own summer series, and as overseas participants we had Tom Buckner, Tim Caulfield, Steve Cram, Sigg Eiransson and Gwen Torrence, none of whom performed well. In fact, only Torrence actually won an event, and all were paid between 10,000 and 30,000 Rand for their holiday; mind you, Cram ran his second-fastest 5,000m ever (13:34.87).

A squad of Kenyans has just passed through the country posting mediocre performances - but there again, they were hardly challenged by the locals:

W. Tanui	2nd	800m	1:48.30
R. Chelimo	1st	5,000m	13:47.88
D. Kibet	Last	1,500m	3:47.95
W. Mutwol	6th	3,000m	8:13.16

Despite a disappointing Olympics, our marathon runners had a good year. Tony Longhurst, one of the 'agents' based in Cape Town who looks after David Tsebe amongst others, submits the following:

"There is no doubt that the world has missed a whole generation of great South African athletes - the likes of Matthews Botswana, Jan Olyn, Ernest Seleki, Matthews Temane and others (the list goes on). Their best performances were achieved in isolation, their times questioned because of the 'inaccuracy' of South African courses. It was on these 'inaccurate' courses that the likes of David Tsebe, Mark Plaatjes, Zithulele Sinqe and Willie Mtolo were first seen.

"There is no longer any doubt about the abilities of South African marathon runners. Since membership of the IAAF was granted on May 30th 1992, their achievements have been:

Aug	Michael Scout	1st	Hokkaido
Sept	David Tsebe	1st	Berlin

Oct	Joseph Skosana	1st	Taipei
Nov	Willie Mtolo	1st	New York
Dec	Laurence Peu	2nd	Fukuoka

"David Tsebe's 2:08:07 was the fastest time in the world for 1992.

"During isolation, our athletes had only local races in which to compete. This meant a great concentration of world-class athletes in national championships. With each athlete trying his or her best, pushing each other to fast times, some excellent South African national records have resulted (42:58 for 15k, 60:11 for 21k and 2:08:04 for 42k)."

Despite their national experience, our athletes have a lot to learn about their international competitors over the shorter distances, as borne out by their performances at the World Half Marathon Championships in Gateshead. This will surely come, as it has to the Kenyans.

In the marathon, however, things have been very different. From their first outing South Africans have shown themselves to be very competent at running with, and beating, experienced world-class athletes. Apart from their natural talent, there is an inherent desire for South African runners to prove that they are the best in the world.

I predict that over the next two or three years we will witness the arrival of the middle-distance track athletes from South Africa. These athletes will have the benefit of the current internationals' experiences, a financially secure environment, established training camps, planned and focused racing / training schedules and professional management.

Our athletes have performed well thus far despite their international isolation, and with only the assistance of a few pioneering believers. How much more can they improve with the same opportunities as their international counterparts?

Will the next world best for the marathon be by a South African? Let's wait and see!

Achilles Writes...

It saddens us this winter to see more public disagreements between certain athletics officials. Whatever the rights and wrongs of the individual cases, people seem to forget that we all share the same goal, that of raising British athletics to world supremacy.

In the NUTS annual, the BAF take pride in their "more professional approach to the management of the sport". There will always be people who think they can do better, and will knock those who are in authority. The BAF have to take such people in their stride. What is worrying is that many people with no axe to grind are privately expressing their misgivings.

The British Milers' Club has with good reason been critical of 'The System' in past years. We therefore welcome the opportunity that the formation of the BAF provides, and would urge that the BAF seizes this to unite the sport.

We feel that Malcolm Jones, or whoever succeeds him, should issue a consultative document to all clubs and existing BAF coaches which:

1. Defines the goals and objectives for the BAF on a five-year timescale.
2. Defines the management structure and coaching roles necessary to implement these plans.
3. Defines the methods by which people are appointed to these roles.
4. Defines the mechanism to seek the views of those at the grass roots level on how the BAF should develop.

Once this document has been issued, and then modified as a result of the consultation process, it needs to be endorsed by each and every athletics club. Without such a document, the BAF will continue to be vulnerable to charges of being undemocratic, and only when the document has been approved can the BAF respond from a position of strength.

No, the BMC is not losing its bite - far from it. We have never been ones to jump on a bandwagon just because everybody else is being critical. We just want to see fair play.

The President of Westbury Harriers got it into his head that the BMC had "doled out £1,000" to Mike Down to fund the 1992 BMC South West Grand Prix, and, by some contorted reasoning, that our Regional Secretary "must have had around £800 to spare". He wrote to us that he and "others in the Bristol area are not happy" about the way that the BMC Grand Prix is organised.

The facts are that BMC funds provided just £20 to reinforce the prize list at the Cardiff meeting, and that all sponsors' cheques were written directly to the athletes concerned. All other expenses were borne by Mike Down personally.

Told the facts, the aged gentleman gave a grudging apology to Mike, and a donation of £100 to the BMC.

Our race agents continue to do marvellous work, and this year's race programme promises to be the best ever. Alan Turner of Ealing & Southall is one unsung hero. Although he declines to be a Regional Secretary, he puts on a dozen races each year at the Perivale track, and single-handedly arranged the 1990 National Training Day which featured Peter and Sebastian Coe.

Another unsung hero is Ian Chalk, one of the few Regional Secretaries who tries to combine a full-time job, that of managing a sports centre, with being an active athlete. At one race last year he was short of a pacemaker, so he ran the first two laps himself! And the pace wasn't bad either - the winner ran 3:44.

At last year's AGM four coaches of some note gave lectures. In addition to this, three GB Olympians - Tom Buckner, Robert Denmark and Alison Wyeth - were interviewed by the distinguished athletics author Tony Ward. An opportunity not to be missed by Britain's coaches, you would think.

However, a few decided that their darling women charges running in the Southern Women's Relays could not possibly run without them holding their hands, so they decided to play the overprotective daddy to them instead of attending the lectures.

The opportunity to hear these four speakers may never come again. The SWAAA relays will be held every year until the end of the world, and this earth-shattering event has no relevance whatsoever on the world stage.

Let's get things straight. The BMC is concerned with raising the standard of British middle-distance running, not domestic road running. If member coaches believe the opposite, thinking that every tin-pot road race demands their attendance, either they must change their thinking or they should resign from the BMC!

Some of Frank's United Nations Squad trekked up to Scotland recently as the guests of Steve and Rachel Overt. The training was more geared to 10k work, and at the end of the weekend Harry Wilson organised and seeded the teams for the ultimate paarlauf - 3 x 3 x 500m approx.

The course was triangular around Steve's front lawn, with one corner much higher than the other two. The athletes who had dropped Steve Binns that morning on the long run rather fancied their chances! The race began. With Harry at the start / finish, Frank Horwill at the first corner and Steve at the final turn, there was no chance of an easy run! The pre-race favourites, who hadn't stepped on a track all winter, found that they could not keep up with the pace. The winners were Matthew, Kabir and Nick, the only team composed entirely of Frank's athletes.

Earlier, Steve Overt had given a memorable talk on tactics. "Tactics is the end of training - first you have to be fit enough. Most club runners compete against themselves, but when you are selected to represent your country you are expected to be fit. Only then do tactics

Alf Wilkins

come into play, because all athletes are at roughly the same level of fitness". Harry Wilson interrupted: "When Steve went into major championships, Steve was so well prepared that it was the other athletes who had to be tactical!"

Frank Dick keeps a video of Sir Roger Bannister's Four Minute Mile to hand as inspiration. At the end of the race, the tape cuts to an interview with Sir Roger by a youthful Harry Carpenter in what must have been about 1967. As Frank says, it is interesting to note the similarities in voice and mannerisms between Sir Roger in 1967 and Seb Coe today.

Our new Chairman goes on and on about the virtues of front running. One of his athletes took him at his word and front ran all three rounds of the British Students' Indoor 800m championships and ended up with the gold medal, leaving several faster men in his wake. Perhaps David has a point after all.

Norman Poole's recent research into what happens in championship heats tends to back David's views up. In the 800m heats and semis of Tokyo and Barcelona, 55% of qualifiers got themselves into qualifying positions after only 200m. Only 25% of athletes left it to the last 100m. Published in *Athletics Weekly* just before Christmas one leading coach complained, "Norman has written the article that I've been meaning to write for years!"

Steve Overt on retirement: "I can be a bummer - I love it!"

Frank Coaches Sprinter Shock! One of Frank Horwill's athletes broke the Southern League Division 7 100m record last season.

Some of my Experiences with Frank Horwill

In the summer of 1963, a notice appeared in *Athletics Weekly* to the effect that a number of coaches, athletes and officials were disgusted with the standard of British miling and had, therefore, formed the British Milers' Club with the object of improving the standard of British miling to world supremacy. Interested parties were requested to contact Frank Horwill.

The following day, I attended the Southern Championships that were being held at Wimbledon and was introduced to Frank by one of my athletes. I told Frank that I was interested in helping in the formation of the BMC, and asked how many members he had. His answer was "You are the first one!". A few weeks later the first meeting of the founders was held in my office and the BMC grew from there.

It is interesting to note that in the 1962 world 1,500m rankings for that year, only two Britons were placed. Stan Taylor was 12th and Alan Simpson 30th.

The hard work by Frank and the other founders certainly paid dividends when you realise that in one period British athletes won all major 1,500m titles - Commonwealth (Dave Moorcroft), European (Steve Overt), World (Steve Cram) and Olympic (Seb Coe), that British athletes simultaneously held all world records from 800m to 5,000m (1982 - 1985), and that going into the Los Angeles Olympics Britain's three representatives were the World Champion, the world record holder and the defending Olympic Champion (all BMC members since boys).

I have three memories of Frank that I am sure he won't mind me sharing with you - plus many more that I am sure he would wish me to keep quiet about!

In the early 1960s, I used to hold a circuit training class at a youth club in the East End of London. This was attended by the youth club members, athletes whom I

coached and various other athletes. One day Frank came along to try out what was known as 'Alf's Torture Chamber'. Before trying the circuit, Frank went for a three-mile-run with two young 14-year-olds I was coaching, and, as was normal with Frank, he tried to run them into the ground. Unfortunately he did not know how good they were! Frank then insisted on doing the hardest circuit available. Following him round the gym floor were pools of sweat and after he finished his circuit Frank went to have a shower. About an hour later I got worried as to what had happened to Frank. I went into the shower room and there was Frank standing in the shower leaning against the wall looking nearer to death than anybody I had ever seen. Frank subsequently wrote an article for the *BMC News* on his experiences that night! One of the young 14 year old twins that Frank ran with that evening is now a famous actor - Henry Goodman. Henry appeared in *The Assassins* and stars in the recently opened musical *The City of Dreams*.

In 1974, we were in Rome for the European Championships. Frank visited me at my hotel in order to use the swimming pool. Soon he had got everybody out of the pool, put them into teams and organised relays for all the guests at the hotel. As most of them could not speak English, it was really hilarious. Frank still boasts to me about his achievements that day: not of organising the relay races but of pulling one of our top javelin throwers, Brian Roberts, into the pool fully clothed!

In 1977, Frank joined a party of the NUTS on a trip to Dusseldorf for the inaugural World Cup. The week before, Frank had obtained his first Diners Club card, which he had never used. During the whole long weekend, he was unable to use his card as it was not accepted at any restaurant etc. that we visited. In the early hours of Monday morning - the day we were due to return to England - he saw, much to his excitement, a Diners Club sign in a shop window. "I must come here before we leave and use my card", he said. Then he realised the precise nature of the establishment - a homosexual sex shop!

Medical Matters

Q. I seem to disintegrate physically and mentally after the first four days of training each week. The day off on Friday cannot come quickly enough and I often feel that this day off is not enough to freshen me for races or for training the day after. Is there any information on the optimum number of consecutive days of training and recuperation from a medical viewpoint?
Miss CY, London.

A. Yes there is. A clue to the answer comes from the American Heart Foundation, who suggest the abolition of weekends and the introduction of a day off after every two working days instead. Their view is that heart stress rises on the third, fourth and fifth days of the working week. An interesting theory but not one that is likely to be adopted as weekends are sacrosanct in most Western countries. However, athletes do work at weekends via races and it may be that this scheme - i.e. two days' training and the third off - would suit many runners.

At a BMC coaching conference some years ago, the late Brian Mitchell, an athletics author, was asked how many days' rest he recommended per week for runners. He replied that they should always have the Friday off whether racing or not. Harry Wilson, master coach, then a staff coach, was indignant about this and exclaimed, "This means that the athlete misses 52 days' training in a year, nearly two months." This could be the loss of 520 miles or more. Those who might think that that Harry was a hard taskmaster were later to hear him state that, whereas in the winter Steve Ovett could train up to 140 miles in a week, during a hectic racing schedule he might only do 16 miles.

It has to be remembered that many Olympic runners have to run heats one day, rest for one day, then run the semi-final, then have another day's rest, then run the final. Some runners do personal best times in the semi-final and final, and this tends to show that the rest system if applied to training may also lead to better quality sessions. It may also indicate that two or three training sessions

can be done in one day with the knowledge that the next day is a rest.

The French Academy of Sport Medicine investigated the frequency of training some 30 years ago and came up with a four-day cycle: Day 1 - severe; Day 2 active rest; Day 3 - moderate; Day 4 - light. The active rest day involved a change of sport - walking, volleyball etc. The report asserted that by this means the athlete could move onto a higher level of quantity and / or quality work sooner than if training were fairly hard every day.

Some coaches have changed this daily cycle into a monthly one: Month 1 - severe, 100mpw; Month 2 - active rest, 25mpw; Month 3 - moderate, 75mpw; Month 4 - light, 50mpw. Weekly cycles have also been advocated by some coaches: Week 1 - 140 miles; Week 2 - 35 miles; Week 3 - 105 miles; Week 4 - 70 miles. It has to be said that a month of big mileage week after week is tempting providence, but the athlete has the consolation that the next month's mileage will be 75% less.

Arthur Lydiard, a practical coach who experimented on himself, believes that the combination should be a severe day of training followed by an easy one. This means that there are three severe days to a week. The writer has found that this works, but there are those who do better with two easy days after a severe day.

The noted physiologists Costill and Cooper favour the four-weekly cycle of severe, active rest, moderate and light, with the severity increasing. This might be 100, 25, 75, 50, 125mpw, etc. Fox and Matthews in a 12-week research programme subjected athletes of equal ability to the same training task with one group training six days a week and the other group every other day. At the end of the experiment both groups achieved the same fitness quotient.

Other combinations put forward by leading physiologists include:

1. Six consecutive days of training, one day off.

2. Five consecutive days of training, two days off.
3. Four consecutive days of training, day off.
4. Three consecutive days of training, day off.

As the frequency of the rest days increases so does the number of sessions per day. In (1) it is once a day, in (2) it is two sessions a day, in (3) it is three, in (4) it's four sessions a day at 4-hour intervals. So far we have talked in terms of mileage which must be related to winter training.

What of quality? While it is commonly accepted that stamina accrued over several months may be maintained by two-thirds of the original amount of training, there are many who discard the link with mileage in the track season and duck well below this fraction, finding that they rapidly decline in August and September.

A preponderance of anaerobic work (400 and 800m pace) pursued for too long leads to a haemoglobin decline, whereas the maintenance of aerobic work (steady running, 5k and 3k pace) leads to an increase of it. Peter Snell played safe - he ran 22 miles every Sunday morning all the year round, thus allowing the same amount of anaerobic running to be done.

All this conjecture can be resolved by a simple routine procedure. Take your pulse every morning in bed, then take it again immediately after getting out of bed once you have donned your dressing gown. Calculate the average reading. After a week or two you will find your 'average' average. If this average reading is much higher one morning, *don't train that day*. If it is much lower, train severely that day. This is your body speaking; your body should be listened to.

What others say may have relevance and you may find that a severe day has to be followed by a day off; on the other hand you may be able to stand three days' training in a row before your pulse differential rises.

Your pulse is at the very heart of the matter - it is you, it is reality, obey it.

by Hippocrates

Q. I read recently that some leading runners have ice-cold baths before and after training and racing. Is this just an idiosyncrasy or is there a medical reason for it? RME, London.

A. Cold water is nature's curative. When a wild horse or deer injures itself it will instinctively make for the nearest stream or river and stand in it for hours on end.

The cold and current have two effects - they stop internal bleeding and massage the area of the injury. Ice treatment has led to a new type of therapy called cryotherapy in which the injury is iced for 15 minutes, followed by three minutes of stretching and then 15 more of ice. Immediate icing of injuries that suddenly occur is said to reduce the duration of the injury by two-thirds. All coaches should go to the track either with ice-cubes in a plastic bag or with an ice bandage that is stored in the fridge and maintains its frozenness for six hours. These bandages can be bought at most leading chemists.

The noted American running foot doctor Subotnik believes that all old injuries should be iced after training because they bleed internally a little. However, cold or iced water is said by a physiologist called Falls to be an aid to performance. The reason is constriction of the blood vessels, with a possible reflex dilation of muscle blood vessels, thus providing more blood for the working muscles. This is of particular benefit to runners of 10k and above. Falls also claims that cold water poured over the limbs during recovery periods when doing repetitions aids quicker recovery. Both these suggestions are worthy of experimentation.

Q. I am a Surgeon Lieutenant in the Royal Navy aboard an aircraft carrier. I like to keep the crew fit while at sea. One of the officers got straight off the ship after weeks at sea and won a half-marathon in the Falklands. We run daily on our steel flight deck, always in a counter-clockwise direction. Our running area is 820 feet long but

only 50 feet wide because the helicopters get in the way, which necessitates making very sharp left-hand turns. I feel these constant turns will lead to injury. Would you recommend altering our course to include right-hand turns? RB, Haslar.

A. Yes. However, this sort of running will only take the pulse up to around 140bpm. Keen runners require work once or twice a week where the pulse goes up to 200bpm and not lower than 160bpm.

One way to do this is to mark out 30m and get the men to run backwards and forwards as many times as possible (touching the boundary markers with their hands) within different time periods. For example, eight runs in 30 secs will boost the pulse. Fifteen runs in 60 secs will do the same. After such periods allow 30 secs rest, and repeat many times.

Another good conditioner is stepping up and down onto a chair 18 inches high, 100 times on each leg at the rate of one ascent and descent every second. Running on the spot with high knee-lift rapidly for 30 sec periods with 30 secs rest will also send the pulse roaring upwards if done about 10 times. Doing these different exercises will provide variety and feed different energy pathways.

Your letter is very encouraging because it shows that no matter how constrained one's environment one can always keep a high state of fitness.

Q. My menstrual cycle plays havoc with my training and racing. I know some women runners have little trouble with their periods but I am not one of them; I suffer from the lot - pre-menstrual depression, inflamed nose, stomach pain and thigh cramps.

My doctor is of little help - it's a case of "Well, my dear, you are a woman and you have to expect these things." Can you help? Miss DM, Dulwich.

A. Often the four days before a period and the first four days of the period are the

worst for some women. During that time research tells us that they are injury-prone, and if you are in this category and train with weights watch how you handle them.

PMT can be divided into four categories: PMT-A - anxiety, irritability, nervous tension, mood swings; PMT-B - weight gain, swelling of the extremities, breast tenderness, abdominal bloating; PMT-C - headache, craving for sweets, increased appetite, heart pounding, fatigue, dizziness, fainting; PMT-D - depression, forgetfulness, crying, confusion, insomnia. Other symptoms include oily skin, acne, clumsiness and feelings of violence and / or suicide in extreme cases.

One thing has been established of late: severe sufferers are often found to be under-nourished and to have a low magnesium level. Excess tea, coffee, chocolate and cola-based drinks aggravate anxiety. Too much salt in the diet increases fluid tension. The fats found in some meats and cooking fat cannot be metabolised during PMT, so avoid fatty foods. Women on the pill often have poor blood-sugar control; this can be improved by taking vitamin B6. Alcohol should be avoided. Here is a general plan for PMT sufferers:

1. Take a multi-vitamin tablet - Optivite is best.
2. Two weeks before the period is due take 500mg capsules of Evening Primrose Oil, 4 - 8 per day.
3. Take 500 international units of vitamin E daily.
4. Take 300mg of elemental magnesium daily. It is best taken as part of a multi-vitamin tablet.
5. Take CalSil calcium tablets for painful periods and cramp.

It may be necessary for your doctor to consider progesterone therapy, or a powerful antihormonal drug such as bromocriptine.

No female should allow herself to suffer unduly. There is plenty at hand to remedy the situation, but it may be that much trial and error will be required to find the ideal remedy.

BMC Questionnaire

Last year the National Committee recognised that the BMC was at the stage where goals and objectives had to be redefined for the next decade. The formula that has worked so successfully for us for the last thirty years may have become inappropriate for the future, and accordingly we sent out a questionnaire with the last issue, and waited with trepidation.

We were overwhelmed at the number of replies received to what was, quite frankly, an exceedingly long document, and we were relieved to find that most of the comments were favourable. Here is our summary of the replies, and we present the conclusions we have drawn from them.

The first few questions were designed to find out just how representative of the athletics world our members are :

Are You ?

Male	87%
Female	13%

We do have more female members than this indicates, but not enough. Is it simply that there are fewer female runners? Do you know a female runner with a qualifying time? If so, get her to join!

Are You ?

Current athlete	51%
Coach	26%
Former athlete now coach	18%
Former athlete	3%
Associate	1%

An expected high percentage of current athletes, but it is disappointing that we lose athletes when they stop competing. The high number of Coaches no doubt reflected those who wished to be included in the Coaches Directory.

Where do you live ?

North	26%
South	21%
Scotland	12%
Midlands	10%
East	10%
South West	10%
London	7%
Northern Ireland	3%
Wales	0%

A very good spread of areas : the high figure for the North reflects Alan Freer's good work at Stretford over the years.

How old are you ?

Under 21	6%
21 - 30	31%
31 - 40	24%
41 - 50	19%
Over 50	19%
No answer	1%

How long have you been a member ?

Under a year	12%
2 - 5 years	16%
6 - 10 years	18%
11 - 20 years	18%
Over 20 years	12%
Don't remember	25%

Signs here that we have not been attracting as many young athletes as we used to. Despite this, the large number of replies means that these our results are likely to be very representative of the views of the whole BMC membership.

Why did you join the BMC ?

To run in races	50%
Coaching knowledge	19%
Prestige / principles	10%
To raise MD running in UK	9%
Recommendation	7%
To read the BMC News	3%
No answer	1%

Why are you still a member ?

To run in races	29%
To read the BMC News	18%
Loyalty	16%
Coaching knowledge	13%
To raise MD running in UK	3%
Other	15%
No answer	6%

What about the level of subscriptions ?

Too high	0%
About right	66%
Too low	28%
No answer	6%

When we formed in 1963, we had two methods of achieving our goal of raising British middle-distance running to world supremacy.

These were the staging of fast committed races for members with 'hares' at venues throughout the country, and improving the coaching knowledge of member coaches.

Clearly these are the primary reasons why we have attracted membership, and there is therefore no need to change this philosophy.

The first members to answer the questionnaire were clearly fanatics whom we thank for their membership. Most of them claimed undying allegiance to FJH, and at one stage 50% of the replies stated that the membership fee was too low!

At last year's AGM, a proposal to introduce a joining fee, for which the athlete would receive a BMC vest, was narrowly rejected. If we do not get a major sponsor this year, we now know that we could probably increase the subscriptions without receiving too many complaints.

Have you ever been to a BMC Training Day ?

Yes	55%
No	44%
No answer	1%

If yes, did you find it worthwhile ?

Yes	78%
No	2%
No answer	20%

It was very pleasing to see such a positive response to our training days. The only person who did not find it worthwhile was one of Frank's athletes, who wrote that he preferred to learn directly from Frank!

Those who had not been to a training day cited mainly a clash of dates or the distance, and therefore expense, involved in travelling to the venue. We therefore plan to hold more regional training days, organised by the Regional Secretaries, from next year.

A few members complained that they had never been invited to a training day. Let us stress that training days are open to all, and that you don't have to be invited!

How effective has the BMC been over the last five years ?

Very	18%
Fairly	32%
Getting better	3%
Regional / Patchy	7%
No longer effective	10%
No opinion	30%

Compiled by MFM

What has the BMC done well at ?

Organising paced races	60%
Good magazine	16%
Improving Coaching Knowledge	13%
Getting athletes to try harder	9%
Raising the standard of MD	9%
Putting on Training Days	4%
No opinion	15%

It is clear that most members feel that the staging of good honest fast races is our best virtue. However, there were notes of warning. John Howcroft wrote that "The best days are past" and Janet Cole called the BMC "Not effective at all - still the same old things are preached at us".

We received some very good answers to the question "How could the BMC have done better", but no single answer predominated. Some mentioned that the BMC had lacked publicity, but of course that would have required additional funding. More about this later.

Some wrote that we should have been involved in the Mile of Miles series a couple of years ago, and Malcolm Brown said that we should have involved the National Event Coaches even more. New member Rob Scanlon wrote that we should "get pacemakers that are fast enough". In response to this, race organisers have been asked to compile a national list of pacemakers, and if all on the list are unavailable, a draw for pace will be made.

Just a few members complained that all national BMC events take place in the South. In recent years there has been a very good reason for this - the active members of the BMC National Committee all live in the London area! It is very difficult to arrange events at a distance. Improved links with the BAF National Coaches should change this. If you wish us to hold a training day at your track, all you have to do is arrange a venue and some thirty attendees, and we will be there.

How important is the BMC News ?

Essential	18%
Very	54%
Fairly	12%
Not important	10%
No opinion	6%

Should we reduce its size to cut costs ?

Yes	18%
Only if necessary	19%
No	57%
No opinion	6%

Do you pass on your copy to other people to read ?

Yes	59%
No	38%
No answer	3%

If yes, how many ?

1 person	38%
2 - 3 people	40%
4 - 5 people	12%
More than 5 people	10%

Have you ever changed your training as a result of an article in the BMC News ?

Yes	50%
Modified it	19%
No	26%
No answer	4%

It is very interesting to note how many people pass on their copies; we can estimate that our print run of 1,000 copies is probably read by about 2,500 people.

Tom Buckner wrote that the purpose of the *BMC News* was to "entertain and educate" and went on to state that "It is the main reason that I am a member". Derek Parker wrote that the *BMC News* was "crucial", whilst Paul Ray described it as "the best newsletter in the athletics world". High praise indeed, and we hope we can continue to live up to your expectations.

Not surprisingly, many people wrote that they find the training articles the most worthwhile, and there was particular praise for the recent articles by Peter Coe, and for all articles by Frank Horwill over the years. One member even stated that the last issue (Vol. 2 No. 4) was poor because it didn't have a major article by Frank!

Those who volunteered to write articles for the *BMC News* have already been contacted, and we will publish them in future issues. Dawn Gaskin wins an honourable mention for the best potential title ("Is athletic success related to IQ?") but we fear that the libel laws in this country would prevent publication.

Do you normally share our editorial views ?

Yes	37%
Mostly	15%
Not always	15%
Sometimes	7%
No	9%
No answer	18%

Do we gain respect or lose friends with our controversial and outspoken views ?

Gain more than lose	26%
Lose more than gain	19%
Both / a balance	25%
Neither	6%
Don't care	1%
No opinion	22%

Whilst many people agreed with our editorial views, a significant minority expressed their dislike of "personal attacks" and we will therefore strive to get the point across in other ways. Some readers did complain, however, that recent issues were boring because there wasn't enough gossip!

To conclude, we can now set ourselves the following objective for the next decade : **"To restore British Middle-Distance Running to World Supremacy"** and we shall do so as follows :

- 1) By continuing to hold top quality races for all age groups in all areas.
- 2) By continuing to improve the knowledge of member coaches via the *BMC News* and the *BMC Coaches Newsletter*.
- 3) By continuing to hold training days for athletes in all areas of the UK.

We shall do this with or without the support of the governing body, but preferably with. Frank's articles in the weekly magazines will increase public perception of our efforts, but in the long term we shall require funding in the region of £5,000 per annum to remain financially viable. You shall see us making a concerted effort to secure funding from the BAF or other sources.

Our new arrangement with the BAF has yet to provide financial assistance for BMC races and training days, but that must be our aim. In the meantime we proudly present our 1993 race programme.

Seb Coe and Mary Slaney

by Achilles

The results of your votes for the 'Greatest male athlete of them all' were as follows :

1.	Seb Coe	67%
2.	Herb Elliott	10%
3.	Said Aouita	6%
	Steve Ovett	6%

Seb Coe - Brilliant world records. Two Olympic 1,500m golds - could have been three (or four!). David Benton.

Seb Coe - What could he have run if he hadn't been ill in 1982/83 - 3.27? Philip Healy.

Emil Zatopek - Strength - endurance - overall speed - from the front. Douglas Stott.

Steve Ovett - Talent, class, personality and humility. Julie Asgill.

Just prior to the Moscow Olympics, you were either a 'Coe man' or an 'Ovett man'. However, the intellectual debate was never satisfactorily resolved either way - it was one gold each in Moscow, and Seb and Steve never met again at the heights of their powers.

In your votes to decide the greatest runner of all time, Achilles was therefore expecting a close-run contest between the two of them. However, you came out very decisively in Seb Coe's favour. Not only did he get your vote as the greatest runner of all time, but you also voted him as the victor in both our fictional 20th Century Olympic races over 800m and the mile.

At this stage, let us stress that these votes are for the result of fictional contests at a fictional Olympic Games, and are not meant to state that one runner was better than another at any distance.

In your votes for the 800m, Coe was run closest by Joachim Cruz, Olympic

20th Century Olympics - Men

800m

1.	Seb Coe	84%
2.	Joachim Cruz	64%
3.	Peter Snell	41%
4.	Alberto Juantorena	41%
5.	Steve Ovett	31%
6.	Paul Ereng	13%
7.	Steve Cram	10%
8.	Rudolf Harbig	7%

Mile

1.	Seb Coe	76%
2.	Steve Ovett	53%
3.	Herb Elliott	47%
4.	Said Aouita	38%
5.	Steve Cram	34%
6.	Noureddine Morceli	23%
7.	John Walker	22%
8.	Peter Snell	19%

Each vote counted 6pts for first, 5pts for second down to 1pt for sixth. Results expressed as percentage of maximum possible (100%).

Example, Cruz's 64% means that on average everyone placed him third (4pts out of 6). Total scores add up to 350%.

champion in 1984 and silver medallist in 1988, but the margin was very decisive.

In the 1,500m voting Coe was challenged early on by Herb Elliott. People tended to place Herb Elliott either first or second, or not at all, and it was noticeable that many of the younger members did not rank either Elliott or Snell. If a younger member did rank an Elliott, was he/she referring to Peter Elliott?

Achilles was gratified to see that his own predictions in the 800m came out closer to the final result than any other member: Achilles' verdict, placed in a sealed envelope at the start, was: 1) Coe 2) Cruz 3) Snell 4) Juantorena 5) Ereng 6) Ovett.

I place Coe ahead of Cruz on the basis that it is easier to break a world record than it is to hold on to it (Coe has now held the 800m record for almost 14 years), and on career span (Coe ran 1:43.38 aged 32 years 11 months), and I place Snell ahead of Juantorena on the basis of two Olympic titles and an outstanding world record of 1:44.3 in 1962, unbeaten for 11 years.

I place Ereng ahead of Ovett on the basis of eight sub 1:44.3 clockings in 1989 whereas Ovett's 1:44.81 for fourth in the

Los Angeles semi-final was his second fastest 800m ever. Steve Cram gets an honourable mention for his 1:43.22 on a cold windy afternoon in Edinburgh 1986.

Your vote for the mile race will clearly cause some discussion. I certainly disagree with them. My rankings were: 1) Cram 2) Coe 3) Ovett 4) H. Elliott 5) Bannister 6) Walker. I would have then placed Bayi, Snell, Keino and Ryun seventh equal. Anyone who would place either Aouita or Morceli above these ten masters should have their head examined!

Said Aouita may have held the 1,500m world record for seven years, but he had six opportunities to claim a major title at 1,500m (three Olympics and three worlds) and he won only one solitary bronze medal. On two occasions he opted for the easier 5,000m when a double might have been possible, and on two occasions he pulled out at the last minute through injury. He lost to Cram twice early in his career, and never faced any one of note again.

Noureddine Morceli was world champion in 1991, and does hold the current 1,500m world record, but by only coming seventh in Barcelona after injury he showed that he does not yet know how to 'peak'.

- The Greatest Ever?

Achilles' first problem when working out his mile rankings was where to place Herb Elliott. How can you rank a man who was never beaten? However, I feel his times of 3:35.6 and 3:54.5 were not really in the same class as Snell's 1:44.3 of the same era, and on this basis I rate Elliott behind the British trio of Cram, Coe, Ovett.

There is little to choose among these three, but the key words were 'assume all athletes are at the height of their powers'. Achilles therefore rates Cram ahead of Coe on the basis of victories in Oslo 1985 and Stuttgart 1986, and Coe marginally next because he lasted six races in Moscow to Ovett's five, even though Ovett was meant to have the superior endurance.

Cram reinforces his top status with two victories over Ovett in 1983, the year in which Ovett set his last world record, and the victories over Aouita in Nice.

Finally I place Bannister and Walker 5th and 6th respectively, because they were great racers and pioneers of their eras, and deserve to be recognised as such.

The results of your votes for the 'Greatest female athlete of them all' were as follows :

1.	Mary Slaney	23%
2.	Tatyana Kazankina	17%
3.	Tatyana Dorovskikh	13%

Mary Slaney proved that western women could take on and beat the might of Eastern Europe. Derek Parker.

Without injury Mary Slaney was phenomenal - just remember Helsinki! David Rowbotham.

Tatyana Dorovskikh - Menacingly cool. Duncan Southgate.

Undrugged - who can say? Ray Thompson.

20th Century Olympics - Women

800m

1.	Jarmila Kratochvilova	59%
2.	Nadezhda Olizarenko	45%
3.	Tatyana Kazankina	43%
4.	Ellen van Langen	38%
5.	Anna Quirot	33%
6.	Christine Wachtel	23%
7.	Sigrun Grau	20%
8.	Anne Brightwell	18%

Mile

1.	Tatyana Kazankina	71%
2.	Paula Ivan	48%
3.	Hassiba Boulmerka	39%
4.	Tatyana Dorovskikh	32%
5.	Mary Slaney	31%
6.	Lyudmila Bragina	30%
7.	Doina Melinte	25%
8.	Maricica Puica	15%

Each vote counted 6pts for first, 5pts for second down to 1pt for sixth. Results expressed as percentage of maximum possible (100%).

Example, Ivan's 48% means that on average everyone placed her fourth (3pts out of 6). Total scores add up to 350%.

We almost got into a bit of difficulty in the women's voting as BMC members showed their woeful ignorance, and it took nineteen votes for anyone to get a second mention. Over half the votes were blank, but just imagine, eight different runners first equal with one vote!

One young member from Coventry chose Lorraine Baker 'because she is very good looking', and the 1990 London 800m champion wrote 'I don't know six women'. Clearly, the BMC has singularly failed to educate certain members in this area.

A few members specifically excluded Kazankina on the grounds of her refusing to submit to a drug test in 1984, but Achilles takes the view that until her three Olympic golds are removed we have to take her achievements, and those of all the other Soviet athletes, at face value.

As the 800m was only reintroduced to the Olympics in 1960, and the 1,500m was only introduced in 1972, our choice is by necessity somewhat restricted.

Very few of the greats met each other in major competition, and very few reached more than one Olympic final, so we have to make a few subjective judgements.

Achilles comes up the following order for 800m: 1) Kratochvilova 2) Olizarenko 3) Kazankina 4) Brightwell 5) Grau 6) Quirot.

Kratochvilova and Olizarenko are still one second ahead of the rest, and Kazankina and Brightwell broke world records in the Olympic final. Wodars-Grau is next on victories in Rome, Seoul and Split, and rates ahead of Quirot, who never won a major gold medal.

For 1,500m Achilles chose: 1) Kazankina 2) Bragina 3) Ivan 4) Puica 5) Dorovskikh 6) Slaney.

Kazankina won two Olympic titles, broke the world record three times, and still holds it. Bragina broke the world record in all three rounds in Munich in 1972, and Paula Ivan won in Seoul in a solo run by over six seconds. We rate Puica and Dorovskikh next because of their consistent competitive records, although better at 3,000m, and finally, Mary Slaney for what might have been.

Achilles feels that Barcelona gold medallist Ellen van Langen and Hassiba Boulmerka should not be ranked until they have proved themselves some more.

Chairman's Extracts from the National Training Day

The absence of Britons from the Barcelona 1,500m finals (the first such absence for 32 years) made it timely for the BMC National Training Day to ask some very basic questions about how best middle-distance athletes should spend the winter in preparation for summer competition.

Lectures

While each speaker presented different alternatives, all were convinced that the athlete should make no plans at all before carrying out an objective review of what had been achieved the previous season, and what might realistically be the targets for the next.

Aids to Endurance

Harry Wilson

The common trend running through all approaches was the maintenance and improvement of endurance, which for middle-distance athletes could be expressed as:

- i) increased oxygen uptake
- ii) delayed lactic acid build-up
- iii) injecting surges into longer races
- iv) greater proportion of aerobic running

The training generally associated with 5,000m / 10,000m work was most appropriate in building up endurance. All training has to be progressively more demanding and one way to ensure this, after a successful summer, is to take a good rest - after which the only way was up!

Whatever approach to winter training one adopts, the successful athlete needs to hold all four 'aces' in his hand:

- i) good oxygen uptake
- ii) high lactic acid tolerance
- iii) sheer speed
- iv) the will to win

He / she also needs to pay proper attention to the need for rest and recuperation both in the winter and in the summer when

heavy racing programmes could demand 'endurance breaks' of basic endurance work for a couple of weeks to restore the balance.

The No-Competition Winter

Frank Horwill

A winter without competition means no training time lost in easing down for races, or recovering from them. Thus deeper and broader foundations can be laid down for summer success. Summer injuries and niggles can be given more time to heal.

Without the test of competition it is essential that all winter work be based upon and monitored by a comprehensive range of performance tests. One's current state must always dictate the next training targets and regular retesting provides the basis for training progression.

Originally designed to predict oxygen uptake, the fifteen minute continuous run of the Balke Test can be used to dictate the pace of endurance sessions (for more details see *BMC News* Vol. 2 Number 3).

Good basic speed is essential, but improving it entails a long-term commitment of several years, best started as a teenager. Work to improve sprinting style and efficiency is always justified. A time trial over 40 yards will indicate how much work needs to be done - men should aim for 4.9 secs and women 5.4 secs.

Leg strength is a prime requisite for the middle-distance athlete. This can be tested by the 25m hop test, where men should aim to complete the distance in nine hops and women in ten. While weight work can be excellent, hopping drills of 3 x 25m on each leg, every other day, extending by 5m per month should bring improvement. Less frequent strength work is unlikely to succeed.

The work indicated by the tests should be woven into a schedule of good-quality mileage appropriate to the age and aspirations of the athlete.

The Cross-Country Winter

Phil Banning

It has been traditional in Britain to use the cross-country season as an integral part of the middle-distance athlete's preparation for summer competition. Having to cope with all types of weather, courses and terrain builds the mental strength required for the hard tactical races of championship competition on the track.

Cross-country training and racing on soft surfaces cause less damage to joints and could be expected to increase capillarisation, increase VO₂ max. (oxygen uptake), increase stroke volume and raise the aerobic threshold. Other benefits include:

- i) opportunities for those who have a psychological need to compete;
- ii) motivational focuses within the training programme;
- iii) providing coaches with monitoring of training response;
- iv) providing recuperation breaks in the training schedule whilst easing down before / after races.

There could be a downside to cross-country training and racing:

- i) the increased rate of injuries caused by running on uneven surfaces;
- ii) slower movements could mean less recruitment of muscle fibres;
- iii) easing down for too frequent racing could seriously erode the time available for training.

Indoor and Cross-Country Competition

Peter Thompson

In the US the cross-country season is quite unlike ours - running from September to November, it is very dry, very flat, very fast - and leads naturally to the indoor season (December - March) and the short outdoor season (April - June). This pattern allows the laws of 'overload /

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over-compensation' and 'progressive overload' to be applied more gradually than in the abrupt changes in training that we see in too many British schedules. The risks of injury are correspondingly reduced.

If they wish to run competitively, British athletes effectively have to choose between the limited indoor season and cross-country. Choosing the former involves 'double periodisation' of the training year. There is ample evidence that this can be successful with sufficient emphasis given to the second preparation phase [although this may involve a delay to summer debuts - DI]

Championship competition has much in common with horse racing, since it is more important to be first across the line than to run a fast time. Indoor racing with its smaller tracks and slower times places great emphasis on tactical awareness and skill, so essential when there is no pacemaker to take responsibility for the race.

Interviews

Highlights of Tony Ward's interviews with Rob Denmark, Tom Buckner and Alison Wyeth.

Rob Denmark

TW *First Rob: on reflection, how do you feel about the Olympic Games?*

RD Quite disappointed, really. I aimed to get in the top five, and did not do so. I can run a lot better but my endurance was not as good as the other guys. The qualifying conditions were tough in the semis but I kept my composure and ran my most sensible race ever. I gave my all in the final, even (unheard of) going to the front of the chasing group, but had to settle for seventh.

TW *But you were there in the final.*

RD Yes. Tom's brother Jack just missed out, and I don't know what happened with Ian. It was a great honour to be the only Brit in the final.

TW *How did the heat, and more especially the humidity, affect you?*

RD I'd experienced humidity to the extreme in Tokyo, especially in my semi with 90% humidity, and a temperature up in the 80s at 9 o'clock at night. It wasn't so bad in Barcelona, but it did definitely affect my performance.

TW *Nowadays the championships all seem to be in hot humid places. Atlanta is going to be worse. The Africans have the advantage of living at altitude or in hot humid conditions. What are you going to do to combat this particular problem?*

RD I hear that Frank Dick is hoping to set up a humidity training camp somewhere like Florida. If you go training in humid conditions I feel that you are more likely to come back so tired, so I'm not sure if that is the answer, but I will have to look into it. Baumann was first home, and he is European, and he doesn't have the benefit of living at altitude or in humid conditions, so there has to be hope! Next year the championships are going to be in quite cool conditions at Stuttgart, so I'm going to try to do what I did this year, which was going to warm weather training and then to altitude.

TW *It was your success indoors which brought you to public attention - tell us a bit about that.*

RD In 1989 my Dad and I realised we needed some outside advice, so we approached Alan Storey. He suggested the move to Jarrow to train with Mike McLeod, David Sharpe and Steve Cram, and later, that I try indoors as another option. I thought that I would have trouble with the bends, but it was no trouble at all. I won the AAA's and against the Americans, which at the time was fantastic. Then I came out in the summer of 1990 and I didn't really

perform. I had a really good winter in 1990/91, and I went to the World Indoor Championships, came third and broke the British 3,000m indoor record. To tell the truth I didn't expect that - I was hoping to make the final!

TW *That must have given you the confidence to 'move up'.*

RD At the time I wasn't decided, but then in June I came to the conclusion that I was going to do the 5k. The first few attempts at the distance were really horrible - painful and so tiring.

My first serious 5k was in Helsinki (13:29) and then a couple of weeks later at Crystal Palace I ran 13:27, just missing the World Championship qualifying time - I got major sulks!

Then in Rome I felt really good - the stadium is totally enclosed, no wind at all. I just put my head down for two laps, looked up and I was on Antibo's shoulder. In the end they got away from me a bit, but at the bell I saw the time, realised I only needed an 80 second lap for a qualifying time, and I ran 13:13.

TW *Do you now feel that you are entitled to be up there with the top guys?*

RD Off the track, yes - when I'm on it I don't. For example, at the Olympic Games I knew I could get into the final, no problem, but I used up all my nerves in the semi. In the final I was in awe of everything, like a big kid really. I took it all in - it was a fantastic experience.

We went in to check our numbers, spikes and everything about 80 times. They get you in this tent, it's humid and horrible, and then you have to go across the bridge to the warm-up area. It mucked up your routine - you had no routine, you had to get in your warm-up and strides - such an experience!

TW *But that's part of the Olympics. Athletes don't realise what the hell is awaiting them - all the bit about clocking in is outside their normal experience.*

Chairman's Extracts from the National Training Day

Let's have a look at next year - what are you going to change this winter?

RD Basically I've got to increase my stamina; I must be patient because that comes with time and maturity. 5k is an event that you mature at in time. Baumann is 27 and fully mature - I've got time.

I know I'm going to increase the volume of my reps. I've always shied away from hard work, not sticking to the number of reps or the short recoveries. I've decided to try to get into the World Cross-Country Team; last year I had a go and ended up about 23rd - a bit embarrassing really. So this time I'm going to prepare a bit more, but if by Christmas it doesn't look feasible, then I won't do it. I'll probably do one or two indoor races, but they are not such a challenge any more, especially domestic races when only one or two people really challenge me - over the country there's millions of them!

Tom Buckner

TW Now Tom, after the trials you never stopped smiling! We know you'd booked a tent site in Barcelona to watch Jack run, then suddenly you were there in your own right.

TB The Birmingham weekend was quite a thing for the family. I had the qualifying time and only two other steeplechasers were running well. Jack's position was much more difficult but he ran very well on the Friday night, before my race. I was so excited for him. He told me to go away and relax, but you just think about what could go wrong - you might fall, Mark Rowland might run a fast time - but it all slotted into place.

For me the season had to start with the county championships, then the UKs. You have to run these early in the season to get in the next race, to get a qualifying time, to end up going to the games.

TW And of course, your training would not have been geared to an Olympic final.

TB No: had I made the final I would have been in real trouble! I would have loved to have made it, but I now know what I have to do for next year. After the games I got into as many races as I could to learn what it would be like to travel around on the circuit. Hopefully next year I can get a fast time in early in a Grand Prix race, and really aim for the trials and the World Championships. This year I couldn't plan a season beyond the trials - all that was pencilled in after that was the Bracklesham Bay 5 mile road race!

TW World-class steeplechasing is headed below eight minutes. Are the Kenyans taking it away from the rest?

TB They are, but I tend not to think about it. If you start to think how awesome the Kenyans are, well, then you've got no chance. Analyse how fast they are running and it puts you off; it's best to be ignorant and just turn out and race them, not knowing who's who. I know it's disrespectful but that way you have a better chance of beating them.

TW Who is coaching you these days?

TB Colin - he's the one to tell you about my training. Before last winter I used to want to have a say, but now I find it easier to get on and do what he tells me, and it seems to work. I like a nice relaxed approach to training but I do train very hard.

TW Do you know what you are going to do differently this winter?

TB I'm going to do a few more miles - another five or ten per week - and I've got to work on my technique and mobility. My hurdling is not that good really, and improving it could save seconds.

TW And Mark Rowland is back in the frame next year.

TB Yes, he's an awesome talent. There are four of us with the qualifying times, but I'm not sure whether Mark or Colin Walker are interested in doing the championships next year. Colin has been

my pacemaker this year. I've got closer and closer to him, and finally in Brussels he beat me by just one hundredth of a second, and now they say he wants to go back to road racing!

Alison Wyeth

TW Alison, when everybody else decides to jog around a 3,000m, you know that cannot be for you, and you have to get in there and stir up the pace.

AW Yes, I'm just the opposite to Rob. Whereas he isn't known for doing the work, if I'm in the race they just expect me to do the work and pull them round. I'm lucky if I can wait for more than the first 200m before going to the front. That was my plan for the semis in Barcelona - I knew I had to run a fast time so I went to the front after 200m, did a job and qualified for the final [and ran a pb - Ed.]

When it came to the final I didn't have a plan - it was my biggest nightmare. We ran almost 80 secs for the first 400m - I waited until about 1,000m before going to the front. With me leading the second 1,000m was about 14 secs faster, but I was just waiting for the inevitable to happen.

TW You started as a 1,500m runner - what happened then?

AW The same really. I just had to take it from the front, although once in the UK Championships someone went past me with 500m to go, which really pleased me because I could sit in until 200m to go and then pass her to win. Really it is my own fault - I had no alternative but to take it from the front - and I just haven't done anything about it.

TW You've got vast experience, 20th or so in the world for the last three years when it only requires three or four seconds to take you well into the world top ten, not like the men's 5k where the gap is much wider.

AW I think my training has really been based on competing in Grand Prix races

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where there is always a pacemaker and you know the race is going to be fast. If I want to do well in championships then I will have to train to run in championship races, which are nothing like the Grand Prix races.

TW So, do you accept that you will never have a change of pace?

AW No! I have got more basic speed than people realise. It is just that I have never developed it to the full, and it is something I'm going to work on, starting now!

TW Is having Yvonne in these races a factor?

AW If Yvonne is in a race, I'm not thinking about her but about the race overall. After a race in Brussels people said to me that I didn't overtake Yvonne because I didn't think that I could beat her. That wasn't the case. I was trying as hard as I could, but I couldn't get past. It is always good to have someone to aim at, but I don't think you should be overawed.

TW Unlike men, most women in athletics have to hold down a job. Very few are full time or even part-time athletes.

AW Well, the majority of British women do work. I was thinking the other day that if you looked at the Olympic final, there was nobody else who had the same sort of time schedule of work, and travel to work, that I had. It leaves a lot of areas that I would like to work on undeveloped, and if you try to do too much in the short time you have, everything adds up and you get tired and then ill.

TW What are you going to change this winter?

AW I'm not racing as much cross country as I usually do, so that I can concentrate on getting some different training in - build up my speed, and still keeping some of my training at race pace. I shall be working on my technique and on being able to change pace in a variety of situations. My big improvement came

after I started technique work and sprint drills.

TW How are you going to measure any improvements?

AW Perhaps I could try an indoor race. Every year I do about one indoor race when the GB team is desperate, and without training for it I do about 9:18.

TW It seems to me that your stride is a bit long for indoors...

AW Yes, I do find it almost impossible to get round the Cosford Track, but perhaps one benefit of training to change pace will be to increase my stride rate and I may then find it easier to get round the indoor track. Later, I hope to be able to do some fast 800s - I ran 2:04 three years ago and have got nowhere near it since, although my 1,500m time is down to 4:05 this year [ranked No 1 in the UK in 1992 - Ed.]

Question from the floor : Alison, do you think women's running would benefit if there were more mixed races?

AW Definitely. I improved my 3,000m time a few years ago in a Men's 5k with a special timekeeper to take my 3k time. One thing about running against men which makes things a bit false is that you don't get the same nerves that you would get just running against women - you are less inhibited. However, for bringing on speed and improving times it will be very good - better than going to a lot of open meetings and having to just run the race with no-one to help.

Chairman's comments

Listening to these Olympians, I realised each was teaching us the same lessons :

1. Honesty. Honesty about the past, the weaknesses that had got in the way of total success and the inadequate or inappropriate preparation that had prevented them from achieving their dreams.

2. Objectivity. Objectivity about the future, what could and should be done to overcome the weaknesses, the need to make preparation appropriate to the goals.

3. Refusal to be overawed. Refusal to be overawed by what was needed for success, by the occasion, by the competition.

Learn these lessons and success will be yours, not necessarily in the Olympic Games but certainly in the area of your choosing.

Discussion

BMC and the Future

There was common consent that the BMC should be involved in the restoration of the fortunes of British Middle Distance, and that the National Committee should put together a new agenda to take us into the twenty-first century. Items to be included were :

1. A review of the lessons to be learned from current internationals' training [Harry Wilson sees little in their training to suggest that they could run faster than 3:36].
2. Consideration of how peaking could be achieved when financial security virtually demands weekly racing.
3. A scheme to take middle-distance coaches to a level of knowledge beyond that required for the Senior Coaching Examination.
4. A proposal to hold a women's-only training day in 1993.



**BRITISH
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Matthew Barker

Optimal Performance - A Fluke Occurrence?

Have you ever experienced a race when everything goes exceptionally well; when you perform at a level above that which you thought possible?

It happened to me last summer when I took 1.5 secs off my personal best in only my second race of an injury-hit year.

Other things being equal, it is my belief that the most successful sports people are those who can get close to this performance state with the greatest consistency and under conditions of extreme pressure. If we can become aware of the emotions and events that are associated with these experiences, and as a consequence be able to reproduce them 'at will', we will race at our full potential more often.

Underlying this theory is a basic physiological principle: your emotional state, and therefore much of your mental and physical ability to perform, is a reflection of the chemical balance in your forebrain. Hence, your emotions affect the transmission of thoughts and actions, and obviously it is the combination of thoughts and actions that determines performance.

As such, performing at your best at any given moment occurs when the right internal conditions have been established. To achieve this you must develop the ability to create and maintain these internal conditions, regardless of the circumstances.

Much research has been carried out on what characterises these optimal performances. The research reveals a number of categories of emotion that are consistently linked to exceptional performances. Consider each of these twelve emotions and ask yourself if they have had their part in any of your good races:

Mental calmness: An inner stillness of calm and quiet that implies no distraction from irrelevant sources. Your perception and response to environmental events almost feel like slow motion.

Physical relaxation: Your muscles are relaxed at peak performance, not taut.

Freedom from anxiety: Anxiety leads to physical and mental tension. Anxiety is negative energy.

Energy: The energy resulting from being loose, calm and free from anxiety. It is energy without tension and is seemingly boundless.

Optimism: Whatever the challenge, you have the capabilities to meet it.

Enjoyment: When you find joy in it, you will perform it well. When it ceases to be fun, performance suffers. This state of fun is all-important to good performance; it represents a limitless source of positive energy.

Effortlessness: When mind and body are in harmony, it almost seems easy, even though you are giving everything.

Automaticity: Intuitive and instinctive actions are always more effective than those resulting from conscious deliberate thought.

Alertness: An extraordinary awareness and a heightened sense of self. You know the position of your body, and of the athletes around you, and you perceive who is likely to do what.

Focus: Concentration on a specific target and the resistance of distraction. The focus does not result from a conscious effort at concentration; instead it is a mixture of calmness and positive energy.

Self-confidence: The strong internal belief that you can meet the challenges. This provides calm when circumstances might otherwise evoke panic, anxiety, anger or tension.

Control: You are in control of yourself and your responses to events. You are not a passive victim of circumstance.

Be aware of these emotional states. You are likely to perform to your physical

limits if you achieve all of these feelings simultaneously. You will become totally immersed in the experience and your focus of attention will narrow to the exclusion of distractions. You will perceive a balance between the demands of the situation and your capability of meeting the challenge.

In order to achieve this positive anticipation you should be in a state of self-competition. There should be no other individuals in the race that hold more relevance than any others; they should be faceless challengers to your ability. This should ensure that you are engrossed in the task and not with competitive outcome. Set yourself specific, challenging, realistic and measurable personal goals that do not depend too greatly on the performance of others.

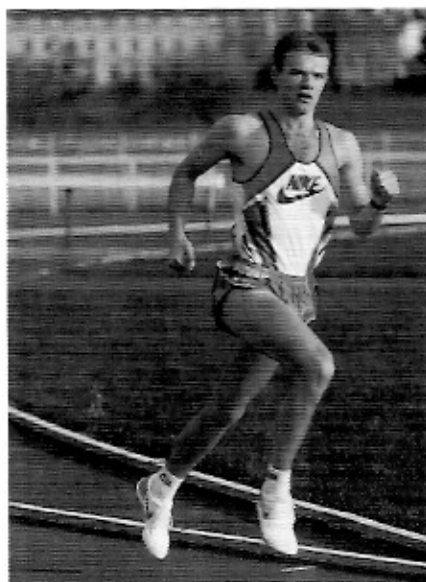
As with all skills, gaining control over your emotional state takes practice. Persevere; I have been experimenting for about three years and am still refining my approach to races and training, much in the same way that I am refining my physical build-up. You should not expect immediate results, just as you don't expect to see immediate results from implementing a new training component. These things take time to take effect and for you to become confident in your ability to achieve consistently the appropriate emotional state.

If you have any experiences or strategies regarding peak athletic performance that may be useful to share with a wider audience, please write to the *BMC News* and I shall summarise the findings for the next issue. It would be great if you could send a report of your greatest sporting moment, and I could develop a middle-distance account of exactly what creates a peak performance state.

The writer has an Honours Degree in Sport Science and a Masters Degree in Exercise and Health Science. He has current personal best times of 1:48.33, 3:41.21 and 4:02.3 for the 800m, 1,500m and mile respectively.

Ernie Gallagher

How Curtis Trains - Team Coaching at Liverpool



Curtis Robb proved to be the major British middle-distance breakthrough at the Barcelona Olympics, winning his heat and semi-final of the 800m with what appeared to be effortless ease. Ernie Gallagher, his coach, was awarded the BMC Coach of the Year Award for 1992, and writes here about the methods that led to the emergence of a new talent.

At Liverpool, our male and female middle-distance runners train in separate groups, although a number of the better women do some of their distance training with the men. The schedule below is the one used by two other coaches - Bobby Woodall and Ian Wilkins - and myself. We coach a group of male athletes ranging in age from 11 to 30 years. On each of the two club training nights, the squad is divided into two or three groups, each group doing training suitable to the age and ability of the athletes.

Training sessions are held on each of the other five days and may be taken by any of the coaches. While the senior athletes are encouraged to train seven days a week, the younger members are advised as to the number of sessions they should do. Many

of our younger members do less than the maximum and we are quite happy to let the boy, his parents and the school choose his club attendance, provided the maximum is not exceeded.

I think most coaches agree that a universal training programme, suitable for all middle-distance runners does not exist, but it is possible to have a basic schedule that will allow all the groups to train together but which can be modified and adapted to suit the individual needs of the athlete. I am of the opinion that coaching is an art and not a science. Science can tell us what ingredients are required in the training programme, but the mix and the blend is where the coach needs to use his judgement, and the exercise of this judgement is the art of coaching.

So, using the schedule below as the starting point, athletes are advised how many sessions they should do each week and how much they should do in each session. Some of the senior athletes are advised to include extra sessions such as morning speed work, short hill efforts or plyometrics.

During all the harder training sessions, I feel that it is most desirable for the coach to be present and able to assess the session, and to encourage the athlete in the later stages when exhaustion can weaken the will. I am sure all coaches have little homilies that are used to encourage. One of mine, when the group has completed, say, ten out of the twelve intervals, is to say, "remember, you've done the first ten so that you can do the last two". It is a joke, but it is also true. It is the last two efforts of the session that really bite and make the training count.

Warm-up is done before each training session. We always start and finish our road runs about half a mile from the changing rooms so that everyone has an enforced jog at the start and finish, and stretching is done before the run starts. At other sessions, a more formal mobility programme may be followed by a 10 - 20 min period of drills. Warm-up before

runs is very much an individual matter. Some like a long warm-up, some prefer a short one. Providing the warm-up works, I leave well alone, but if I think the racing is suffering from the warm-up I will discuss it with the athlete.

So the starting point for all our coaching is the schedule set out below, and that includes all from the young hopeful at the start of his running career to the Olympian Curtis Robb.

WINTER TRAINING

October to December

10 sessions per week - 3 of circuit training, 7 running sessions. Running sessions comprise 1 or 2 fartleks, a track session (either pyramid 100m to 1,000m or 400m intervals or 800m intervals), 1 steady hill run and 3 or 4 steady runs.

January

Introduce road efforts once per week instead of one of the steady runs.

February

Drop the steady hill run, and introduce sessions of hill efforts.

PRE - COMPETITION TRAINING

Mid March or April onwards

3 or 4 track sessions comprising: Short recovery sets of 200m, 300m or 400m. Interval 300m. Acceleration runs over 1,000m and 600m. Pyramids of 100m to 800m.

1 or 2 road or cross-country steady runs.

1 grass session: Interval 600m and sets of 200m. There are other sessions but they are variations of those listed.

COMPETITION PERIOD

Intensity is increased but the amount reduced, and rest days are included.

In the Beginning

In 1963, British men's miling reached an all-time low, but our women were on a high. Anne Smith broke the world mile record, while our male milers were eradicated from the world top ten annual rankings. Worse still, they were removed from the European top ten. The main problem was that no-one had the guts to run sub three minutes for three-quarters of a mile in a race. Everyone wanted to jog three laps and then run a fast last lap. We were the laughing-stock of the world. Letters were frequently written to *Athletics World* on the subject - some were pathetic, like the one from the chap who wrote, "Get off the backs of our milers; when the chips are really down, they will rise to the occasion as they always have done in the past." They had a chance to rise to the occasion when three of Igloi's milers came to White City. One of our top milers dropped out after the first lap, but another, to his credit, ran 3:58.5 (Stan Taylor). The Americans finished first and second.

Now we come to a controversial matter. One Life Vice-President constantly tells everyone that I did not found the BMC. I will give you the facts and you can draw your own conclusions. I decided off my own bat to do something about our miling demise and wrote a letter to *Athletics Weekly* suggesting the formation of a club to be called the British Miling Club which would have entry qualifications and would be dedicated to raising the standard of British miling by any means possible, including special races, coaching courses, exchange of coaching information, etc. I asked all those interested to write to me.

I received 35 letters. I then called a meeting, and all those who attended that meeting were to be known as founder members. These were:

Alf Wilkins (Senior AAA Coach), Tony Elder (Senior AAA Coach), Maureen Smith (née Bonano; former WAAA mile champion), John Thresher (a 4:07 miler from Belgrave Harriers), Brian Boulton (Kent County Mile Champion), Martin Wales (National Police Mile Champion), Bryan Buxton (Grafton AC), Wilf Paish (Senior AAA Coach, later National Coach), and Henry Hayes (financier).

Sir Roger Bannister was invited to become President, and Gordon Pirie, Sydney Wooderson and Derek Ibbotson were invited to be Vice-Presidents.

The rules of the Club were based on those of the National Union of Track Statisticians; Alf Wilkins, a member of that body, obtained a copy of their rules for our guidance. The objects of the BMC, as set out in the rules, are: (1) to raise the standard of British miling to world supremacy; (2) to increase the knowledge of coaches and others interested in the event.

Now, you would think that these two aims would have wide appeal and command the support of every coach in the country. Not a bit of it! First of all, within five years of starting, we had a Kent coach banning all his athletes from joining the BMC and from entering our races as guests. Although many years later one of his GB women made use of our races, she never joined the BMC! Then we had another Kent coach, now deceased, who published a book, *Today's Athlete*, in which he stated that "the British Milers' Club has much to answer for encouraging youngsters to run fast times, persuading them that this is all the sport has to offer." This appears to belittle the intelligence of youngsters, and it didn't harm Ovett and Coe, both of whom joined us when 15 years of age!

In 1963 the qualifying times to join the BMC were: senior, 4:20 (mile); junior, 4:30 (mile); youth, 4:40 (mile); boy, 4:50 (mile). For women there was a standard time for the mile of 5:15. Only Senior AAA Coaches could join as coach members. A badge was designed - a Union Jack with a silhouette in black of Bannister in the middle surrounded by a circle. On the top of the badge the BMC name appeared in gold, while underneath was the age group on joining - boy, youth etc. The idea behind this last description was that it encouraged athletes moving up an age-group to do the new qualifying time rather than be seen wearing the lower age-group's badge, and it worked.

Subs in 1963 were five shillings a year. The club decided that it would divide the

country into regions and that each region would have a secretary who had to be a Senior AAA coach. Gordon Surtees (now National Marathon Coach) looked after the North-East; the late Eddie Powell governed the North-West; Tim Taylor, the South-West; Sean Kyle, Northern Ireland; Rod Chaplin, the East; Tony Saunders, the Midlands; Tony Clemo, Wales; and myself for the South. All regional secretaries had certain tasks to perform. They had to organise a race or races for each age-group in their area. Each race had to have a 'hare'. They also had to organise a training day open to non-members; this was usually held on a Sunday with some lectures thrown in.

The first invitation race in the North was a disaster - half the field didn't turn up - but it produced a fine duel between Derek Grahame of Northern Ireland and Neil Duggan of Sparkhill Harriers; Duggan won in 4:04. The BMC decided to get tough with those who accepted race invites in writing and then failed to appear. They were banned from all BMC races for a year unless they could prove injury, sickness or being picked for GB the same day.

We banned a lot before the message got home. We also got tough on those who didn't pay their subs on time. I was asked to organise a mile at Billingham and got a good field together, but when the promoters sent me a list of entries there was one chap in it who hadn't paid his subs for two years. I sent word back that he couldn't run. The promoters sent a message back that he was a local club runner and must run. I sent a further message back that the race was off and cancellation notices would be sent to all the competitors. The athlete in question didn't run but went to the local press with the story and headlines appeared on the day of the race: Athlete in BMC boycott. In those days and even today, payment of subs on time is our financial lifeline and without them we sink. If this is what members want - we sink.

Our first BMC member was Hugh Barrow of Glasgow, who had just won the British Junior Mile Title, leading from the front.

by Frank Horwill

He told the press: "I detest runners who come from the back and win races." This was true BMC thinking and in line with Herb Elliott's statement, "The only tactics I admire are do or die."

Hugh was made member number one and went on to break the Scottish mile and three-quarters of a mile records, and he has supported us loyally ever since. He ran in many BMC races in the South, for which his expenses were paid.

In 1969 we had a private financial backer, and for 11 years for every pound paid by members on our books he paid the same amount again. When it got to 500 members at a pound a time he willingly paid up £500 each year. A rough estimate of his contributions is around £8,000, which would be worth about £40,000 now. Unfortunately he went to prison for three months for an Inland Revenue offence and his support ceased.

Gradually over the first 20 years of the Club's existence our races became the major attraction at many meetings.

Some racing highlights

1. Steve Oveti first broke 4 minutes for the mile in the BMC-organised Brigg Mile.
2. Seb Coe went from 1:50 to 1:47.5 at regular BMC 800m races at Stretford.
3. Brendan Foster, unable to get in the Commonwealth Games trials for the mile, won a BMC race at West London that got him into the trials and the Games.
4. Tony Simmons broke the European age-18 record for the mile in the BMC-organised City Mile (4:01.4).
5. Maria Gommers broke the world record for the mile in a BMC race at Leicester.
6. A BMC team broke the 4 x 1,500m UK all-comers record.
7. The fastest ever junior ladies' 800m was staged by the BMC at Aldershot.

8. The European age-17 record for the women's 3,000m was broken at a BMC race at West London.

9. Four athletes broke 4 minutes for the mile in the BMC-organised City Mile at Motspur Park.

10. The BMC staged invitation races before the Cup Final at Wembley, in which Dave Bedford and Juha Vartainen ran 3,000m.

11. Runners have achieved over 4,000 personal bests in BMC races since 1963.

Some non-competition highlights

12. A total of 120 training days in all parts of the UK. The biggest attendance was at Stockport in 1970, when 135 athletes attended, requiring a further grass track to be marked out beforehand.

13. The *BMC News* is quoted in athletics journals all over the world, and in particular in the American publication *Track Technique*.

14. The BMC training and educational weekends have been officially recognised as among the best-organised in the world, since overseas enquirers to the SCAA office asking for such courses have been recommended to attend ours.

15. Former BMC officers have been appointed to high-ranking coaching positions because of their successful links with BMC coaching courses.

16. All young athletes attending the BMC under-18 coaching weekends who were voted athlete of the course have gone on to run for Great Britain.

And the success continues ...

17. Six of the eleven non-posthumous Master Coach Awards that were made in November 1992 were to BMC members.

18. Lisa York and Rob Denmark, both BMC members, emerged as major international talents in Barcelona.

19. Last year, Britain's three fastest juniors over 800m all set their best times in BMC races.

20. Both male and female winners of the Northern Cross-Country Championships in 1993 were BMC members.

Over many years, efforts to obtain sponsorship for the BMC through highly publicised coaching grants via business links have failed. In one case, a detailed dossier compiled on our behalf by Brian Wilson of Woking AC was said never to have been received. A second copy was sent, but no reply was received from the UK Coaching Committee office.

Shortly after the BMC was established in 1963, we were invited to sit on the Specialist Clubs Committee. Our election to the Committee was opposed by Arthur, later Sir Arthur, Gold, President of the European IAAF. The Courage Award grant, paid annually to the Committee for members to pass on to their specialist clubs, was vetoed with regard to the BMC by Arthur Gold. All other specialist clubs received payments, but not the BMC.

However, 1993 brings a new era, with some official recognition at last. Much of the credit for this must go to Norman Poole and Phil Banning, the National Event Coaches for Middle Distance for Seniors and Juniors respectively, both of whom joined the BMC as boys.

Our 30th Anniversary Celebrations at Oxford will stun the world. We have the opportunity to break three world records that day, in the presence of Sir Roger Bannister, and at the same track on which he ran the first sub-four minute mile.

The BMC will continue its work until the women's world 800m and 1,500m records return to Britain. We still hold the men's mile, 1,000m and 800m records.

You can help us by running in every BMC race held in your area, and - in the absence of a 'hare' - by taking part in the pacemaking if drawn in the ballot. You can make Britain great again if you want to - we will help.

British Milers' Club Race Fixtures 1993



National Squad Races

Arranged by the National Event Coach
for Middle Distance

Norman Poole : 061 945 2221

Entries (£1) close 72 hours
before the race

7th Apr	Wythenshawe	19:30	800 M
		19:45	800 W
		20:00	1,500 M
		20:15	1,500 W
		20:30	3,000 M
17th May	Wythenshawe	19:30	800 M
		19:45	800 W
		20:00	1,500 M

SAF Junior Races

David Iszatt : 021 471 4080

3rd May	Yate	14:00	1,500 JM
		14:15	1,500 JW
2nd June	Yate	20:00	800 JM
		20:10	800 JW
23rd June	West London	20:00	1 Mile JM
		20:10	1 Mile JW
29th June	Loughborough	20:00	1 Mile JM
		20:10	1,500 JW
10th July	Oxford	14:30	1 Mile JM
		14:45	1 Mile JW
22nd Aug	Solihull	20:00	800 JM
		20:10	800 JW

BMC North

Alan Freer : 0706 845043

* Mike Harris : 061 499 1901

27th Apr	Stretford *	20:00	800 W
		20:05	800 M
18th May	Stretford	20:00	1,500 M
		20:00	1,500 W
8th June	Stretford	20:00	800 W
		20:05	800 M
29th June	Stretford	20:00	1,500 M
		20:10	1,500 W
30th July	Stretford	20:00	800 W
		20:05	800 M
10th Aug	Stretford	20:00	1,500 M
		20:10	1,500 W
15th Aug	Stretford	20:00	800 W
		20:05	800 M

BMC Midlands

David Iszatt : 021 471 4080

28th Apr	Alexander Stad.	20:00	800 M
		20:05	800 W
26th May	Solihull	20:00	1,500 M
		20:10	1,500 W
30th June	Solihull	20:00	1,500 JM
		20:10	1,500 JW
28th July	Alexander Stad.	20:00	1,500 M
		20:10	1,500 W
25th Aug	Alexander Stad.	20:30	800 M
		20:00	800 W

BMC South

Peter Thompson : 0403 273492

* Alan Turner : 081 998 9335

5th May	West London	20:00	800 M
		20:05	800 W
19th May	Ealing *	19:35	1,500 M
		19:50	1,500 W
2nd June	West London	20:00	1 Mile M
		20:00	1 Mile W
16th June	Ealing *	19:30	800 M
		19:45	800 W
14th July	Ealing *	19:30	1,500 M
		19:45	1,500 W
4th Aug	West London	20:00	5,000 MX
		20:00	800 M
18th Aug	Ealing *	20:00	800 M
		20:15	800 W
1st Sept	West London	20:00	1,500 M
		20:00	1,500 W
15th Sept	Ealing *	19:45	1 Mile M
		20:00	1 Mile W

BMC Devon & Cornwall

Barbara Lock : 0503 5673

28th Apr	Plymouth	19:30	800 M
		19:40	800 W
		19:45	3,000 M
19th May	Plymouth	20:00	3,000 W
		19:30	600 M
		19:40	1,200 W
19th July	Plymouth	19:30	800 M
		19:40	800 W
		19:45	3,000 M
4th Aug	Plymouth	20:00	3,000 W
		19:30	1 Mile M
		19:40	1 Mile W

BMC South West

Mike Down : 0272 733407

3rd May	Yate	13:30	1,000 M
		13:45	1,000 W
SW Grand Prix			
30th Aug	TBA	14:00	1,500 M
4th Sept	Salisbury	14:00	1 Mile M
5th Sept	Southampton	14:00	1 Mile M
8th Sept	Swindon	14:00	1,500 M
11th Sept	Cardiff	19:00	1,500 M
15th Sept	Bristol / Yate	19:00	1 Mile M

BMC East

Ian Chalk : 0582 769336

12th Apr	Welwyn	16:15	1,500 M
3rd May	TBA	14:00	1,000 M
		14:15	3,000 W
30th Aug	Welwyn	14:30	800 W
		16:15	1,500 M

BMC Northern Ireland

Malcolm McCausland : 0504 42583

5th May	MP, Belfast	20:00	1000 M
		20:10	1000 W
5th June	Antrim Forum	20:00	800 M
		20:10	800 W
14th Aug	Antrim Forum	20:00	1 Mile M
		20:10	1 Mile W

30th Anniversary Celebrations Iffley Road, Oxford

Matthew Fraser Moat : 0304 379777

10th July	14:30	SAF Junior Mile JM
	14:45	SAF Junior Mile JW
	15:00	4 x 1 Mile W
	15:30	4 x 1 Mile M
	16:00	Masters Mile MV
	16:30	Handicap Mile MX
	20:00	Celebration Dinner

National Training Day

West London Stadium

23rd October 1993

All races put on in association with the BAF. SAF Junior Races are sponsored by the Sports Aid Foundation. All races will be paced and entries close 48 hours before the race. Members must wear BMC, County or National vests. Non-members and members without vests must pay £2 to run.

BMC Membership is limited to those athletes who have achieved the required qualifying times, and to Senior BAF Coaches. Members receive the BMC News twice a year. Annual subscriptions are £8. All applications to join the BMC should be sent to the Membership Secretary, Andy Anderson, 75 Chichester Road, North End, Portsmouth, Hampshire PO2 0AB, enclosing a large SAE.

Horwillisms 63-93

Over the years Frank Horwill has produced many humorous, outrageous and thought-provoking quotes. Here are some that we still feel able to print.

"If a man breaks the world record for the mile and then flies to a famine stricken village in Ethiopia and exclaims to the inhabitants, 'Look at me! I've just broken the mile world record!', one of them might reply, 'Good for you. You probably get three meals a day, we get one meal a week.'"

"He who trains the same each week, month, year will remain the same."

"Runners should treat their will as a muscle. If they neglect it, like a muscle it will become weak and flabby. They should actually do will training. That means doing something every day in training which they don't like."

"A runner must live by the three eights. Eight hours work a day, eight hours sleep and eight hours free time. Anyone who works more than eight hours a day is a fool. Sleep is little snatches of death; anyone who spends more than eight hours a day asleep is simply doing interval training for death. We need three hours a day to consume food, a couple of hours for personal needs. This leaves us three and a half hours to train, or, at the very least, one and a half hours. There is no excuse for not training daily."

"Much has been said about the champion's temperament, but I know those who will never realise their potential: they are the moaner, the blamer, the excuse-maker and the poseur, plus the neurotic. The moaner moans from the time he gets up in the morning until he goes to bed. If it's not the weather, it's the training; he is a miserable fellow and sees no joy

anywhere. The blamer blames everyone for his failure except himself. The excuse-maker will always say he would have won if it hadn't been for this and that. He never admits that he was beaten by a better man on the day. The poseur is the most contemptible of them all. He never does long reps, he always has to look good doing flashy sprints. He wears exactly the same garb as internationals. He only mixes with internationals; he rushes up to them at big matches to let everyone know that he is one of their clique. And, of course, no-one lesser than a national coach can supervise his training. The neurotic storms off the track after defeat and threatens to blow his brains out. He doesn't realise that there is no athlete in the world who hasn't faced defeat at some time."

"I believe that once a week a runner should be carried off the track on a stretcher. The rest of the week the coach is carried off on a stretcher."

"Some athletes believe that because there is someone with a faster time than them in a race that person will win. That is a defeatist attitude, because the favourite may have had a bad cold for the week beforehand or may be feeling off-colour owing to sleepless nights. Never accept defeat, always say to yourself, 'You may be the favourite, but you'll have to run your guts out to beat me.'"

"I can coach an octopus to run by post."

"I had gone eight weeks without food and water, I lived on a drip. I had shrunk from 11 stone to eight stone. I knew I was dying as others around me had died. Then a friend brought me a book about positive thinking. The first chapter stated that I should start the day with a declaration: 'I am going to enjoy this day.' Next morning I said this aloud. I got out of bed, grabbed

the tube down my nose, the tube in my stomach and the drip in my arm and started walking out of the ward. The sister said, 'Where are you going Frank?'. I said I was going for a walk in the grounds. She looked at all my tubes and said, 'With that lot?'. I replied, 'Why not? I'm going to enjoy this day.' I have said those words at the start of every day since I read them. Try it. It will transform your life."

"Before a race we should have a plan and a secondary one in case the first goes wrong. If we plan for the first lap of a 1,500m to be 60 secs and it is led by someone else in 64 secs, we should not throw our hands up in the air and exclaim, 'There goes my plan.' We should fall back on Plan Two, which is to run the next lap in 58 secs to get back on course. This, of course, must be practised in training many times if it is to be executed effectively."

"Some coaches behind my back snigger and scoff when my name is mentioned with regard to coaching methods. The stories have come back to me. I used to get angry and write them a letter saying that the next time I see them I will flatten their noses. Then someone said to me, 'Why bother Frank? You've got the guts to put your views on paper for everyone to read. They haven't the courage to do the same because they are devoid of original thought.' Whispering wimps no longer bother me."

"Middle-distance training is based on the assumption that we should start slow and get faster. But, one day, this may be reversed. We may start a 14-year-old girl off with repeatedly running 100m in 15 secs with a minute's rest. When she can do 16 of these we may extend it to 125m at the same speed pro rata with the same rest. The day may come when she can run 800m at 15 secs per 100m and record 2 mins at the age of 17. In 50 years we may look back on our current training methods with disbelief."

UK 1,500m Lists

Compiled by David Cocksedge as at 31st December 1992

Men

1	Stephen Cram	3:29.67	16-Jul-85
2	Sebastian Coe	3:29.77	07-Sep-86
3	Steven Ovett	3:30.77	04-Sep-83
4	Peter Elliott	3:32.69	16-Sep-90
5	Stephen Crabb	3:33.34	04-Jul-87
6	David Moorcroft	3:33.79	27-Jul-82
7	John Robson	3:33.83	04-Sep-79
8	Matthew Yates	3:34.00	13-Sep-91
9	Graham Williamson	3:34.01	28-Jun-83
10	Anthony Morrell	3:34.17	14-Jul-90
11	Adrian Passey	3:34.50	04-Jul-87
12	Mark Rowland	3:34.53	27-Jul-88
13	Neil Horsfield	3:35.08	10-Aug-90
14	John Gladwin	3:35.26	05-Sep-86
15	Jack Buckner	3:35.28	01-Jul-86
16	Frank Clement	3:35.66	12-Aug-78
17	Robert Harrison	3:35.74	26-May-86
18	Paul Larkins	3:35.94	10-Jul-87
19	Kevin McKay	3:35.94	19-Jun-92
20	Michael Kearns	3:36.81	26-Jul-77
21	Colin Reitz	3:37.55	27-Jun-85
22	Brendan Foster	3:37.64	02-Feb-74
23	John Mayoock	3:37.76	19-Jun-92
24	Jason Duffforce	3:37.88	17-Jul-92
25	Glen Grant	3:38.05	12-Aug-78
26	Timothy Hutchings	3:38.06	31-Aug-84
27	Tom Hanlon	3:38.08	28-Jun-92
28	James McGuinness	3:38.1	01-Aug-77
29	James Espir	3:38.2	01-Jul-80
30	Peter Stewart	3:38.22	15-Jul-72
31	Robert Denmark	3:38.34	28-Jun-92
32	Raymond Smedley	3:38.52	15-Jul-72
33	Simon Fairbrother	3:38.63	28-Jun-92
34	Ian Stewart (2)	3:38.65	08-Aug-81
35	John Kirkbride	3:38.68	15-Jul-72
36	James Douglas	3:38.78	27-Jun-72
37	Mark Scruton	3:38.78	17-Jun-84
38	Paul Lawther	3:38.8	12-Jun-77
39	Sean O'Neil	3:38.86	06-Jun-87
40	David Lewis	3:39.0	09-Aug-83
41	Alan Simpson	3:39.10	15-Aug-64
42	Ian Stewart (1)	3:39.12	01-Sep-69
43	David Clarke	3:39.27	26-Jun-82
44	Stephen Halliday	3:39.29	10-Jun-90
45	Ian Hamer	3:39.30	28-Jun-92
46	John Whetton	3:39.4	20-Sep-69
47	Christopher McGeorge	3:39.41	13-Aug-86
48	Michael Chorlton	3:39.43	17-Jun-84
49	Alastair Currie	3:39.43	19-Jul-85
50	Malcolm Edwards	3:39.57	08-Jul-88
51	Stephen Martin	3:39.62	18-Aug-88
52	Robert Maplestone	3:39.7	17-Jun-72
53	Geoffrey Turnbull	3:39.84	17-Jun-84
54	Andrew Keith	3:39.85	16-May-92
55	Gary Taylor	3:39.88	11-Apr-87
56	Philip Banning	3:39.9	13-Jul-73
57	Sean Cahill	3:39.90	08-Aug-81
58	Anthony Settle	3:40.0	11-Jun-76
59	Alan Mottershead	3:40.01	18-Aug-85
60	Stuart Paton	3:40.04	17-Jul-84

Women

1	Zola Pieterse	3:59.96	30-Aug-85
2	Christina Cahill	4:00.57	06-Jul-84
3	Kirsty Wade	4:00.73	26-Jul-87
4	Yvonne Murray	4:01.20	04-Jul-87
5	Elizabeth McColgan	4:01.38	04-Jul-87
6	Christine Benning	4:01.53	15-Aug-79
7	Shireen Bailey	4:02.32	01-Oct-88
8	Wendy Sly	4:04.14	11-Aug-83
9	Sheila Carey	4:04.81	09-Sep-72
10	Beverley Nicholson	4:05.66	20-Jul-90
11	Alison Wyeth	4:05.82	15-Jul-92
12	Lynne MacIntyre	4:05.96	20-Aug-84
13	Mary Cotton	4:06.0	24-Jun-78
14	Christine Whittingham	4:06.24	05-Jul-86
15	Janet Marlow	4:07.11	18-Aug-82
16	Ann Williams	4:07.59	08-Jun-92
17	Teena Colebrook	4:07.69	19-Aug-90
18	Gillian Dainty	4:07.90	06-Jun-84
19	Lisa York	4:09.26	13-Jun-92
20	Joyce Smith	4:09.37	07-Sep-72
21	Karen Hutcheson	4:09.46	04-Sep-89
22	Penelope Forse	4:09.5	06-Aug-80
23	Maxine Newman	4:10.07	28-Jun-92
24	Cherry van der Zande	4:10.10	30-Aug-81
25	Katherine Carter	4:10.21	31-Jul-82
26	Josephine White	4:10.41	10-Jun-84
27	Joan Allison	4:10.7	02-Feb-74
28	Sonia McGeorge	4:10.75	20-Jul-90
29	Ruth Partridge	4:10.76	16-Jun-84
30	Suzanne Morley	4:11.0	06-Jul-85
31	Bridget Smyth	4:11.12	26-May-85
32	Paula Fudge	4:11.23	31-Jul-81
33	Nicola Morris	4:11.24	07-Jan-89
34	Ursula McKee	4:11.46	20-Jan-90
35	Jane Shields	4:11.51	04-Sep-83
36	Deborah Peel	4:11.75	31-Jul-82
37	Una English	4:11.82	28-Jun-92
38	Josephine Dering	4:11.85	28-Jul-90
39	Lorraine Baker	4:11.94	05-Jul-90
40	Gillian Settle	4:12.19	26-May-85
41	Diane Edwards	4:12.3	29-Apr-89
42	Glynis Penny	4:12.54	19-Aug-78
43	Carole Bradford	4:12.58	10-Jun-84
44	Deborah Gunning	4:12.69	16-Jul-90
45	Rita Ridley	4:12.7	15-Aug-71
46	Regina Joyce	4:12.7	17-May-81
47	Hilary Hollick	4:12.72	12-Aug-78
48	Julie-Ann Laughton	4:12.79	10-Jun-84
49	Alison Wright	4:12.93	12-Aug-78
50	Kim Harris	4:13.12	11-Aug-82
51	Lynne Robinson	4:13.22	17-Jul-92
52	Sandra Arthurton	4:14.0	05-May-84
53	Rosin Smyth	4:14.10	16-Jul-90
54	Rhona Makepeace	4:14.2	24-Feb-91
55	Angela Tooby	4:14.3	19-Jun-85
56	Lynn Gibson	4:14.3	03-Jul-92
57	Violet Blair	4:14.47	18-Jun-83
58	Wendy Wright	4:14.50	20-Jun-87
59	Andrea Whitcombe	4:14.56	22-Aug-90
60	Mary Kitson	4:15.571	16-Feb-92

Married names are used where known.

- i Indoors
- * In mile race

Any additions / amendments gratefully received by :
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